

# Supporting young people's mental health

## Parent/carer workshops

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life.

The workshops are 60-minutes long and will be recorded so anyone unable to attend can watch the workshop.

### Supporting young people to manage big feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children will feel a variety of feelings which they do not know how to manage. This workshop is aimed at parents of young people aged up to 11 as we breakdown what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelming.

**Monday 27 September**

**1pm - [book now](#)**

**6pm - [book now](#)**

### Supporting young people with anxiety

This workshop is for parents of school aged children to help them understand anxiety better. The session covers: what is anxiety, why anxiety, how it affects the brain, how it affects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety.

**Tuesday 28 September 6pm - [book now](#)**

**Tuesday 19 October 6pm - [book now](#)**

**Tuesday 23 November 7.15pm - [book now](#)**

**Tuesday 14 December 6pm - [book now](#)**

### Supporting young people manage uncertainty

Life is unpredictable which can result in feelings of uncertainty and worry, especially in young people. This workshop will emphasise the importance of being able to tolerate uncertainty and how parents can support their young people to do this. We will also discuss practical strategies to cope with difficult emotions associated with uncertainty, such as worry, to enable young people to get more out of life.

**Tuesday 28 Sept 7.15pm - [book now](#)**

### Supporting young people with challenging behaviour

In this workshop we will explore child behaviours that parents or teachers find challenging to manage, such as: hyperactivity, difficulties with attention, aggression, difficulties with friendships and relationships, and irritability. We will cover practical strategies to help manage these behaviours positively. This workshop may be helpful for parents who have concerns around possible ADHD in their young person.

**Monday 18 Oct 1pm - [book now](#)**

**Mon 18 Oct 6pm - [book now](#)**

# Supporting young people's mental health

## Parent/carer workshops

**These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-minutes long and will be recorded so anyone unable to attend can watch the workshop.**

### Supporting children/adolescents with sleep (11 Years+)

Experiencing sleep difficulties at some stage in our lives is common, and we know that children and young people can particularly struggle with their sleep. Sleep difficulties are not only frustrating, but they start to impact on our mood and everyday lives. This sleep workshop is aimed at parents and carers who have children over 11 years old who may be experiencing difficulties with their sleep. The workshop, delivered by the Psychology in Schools Team, will cover important topics such as why we need sleep, why teenagers may struggle more with this, and what you can do to try and support your young person to have a better nights sleep.

**Tuesday 19 October 7.15pm - [book now](#)**

### Supporting young people with low mood

This workshop will help you to have a better understanding of why our young people are more vulnerable to low mood once they reach adolescence, the warning signs and some evidence based strategies to best support your young person.

**Tuesday 23 November 6pm - [book now](#)**

### Supporting young people who self-harm

Knowing your young person is finding things difficult and self-harming can be frightening and confusing for parents. This workshop aims to develop parents' understanding of self-harm and will cover: "What is self-harm?", "Why does self-harm happen?", and "What can I do to help?".

This event is presentation based and presenters will not be able to speak to attendees directly. If you are concerned about your child's safety and require crisis support please call 0808 196 3494; this number operates 24 hours a day, 7 days a week.

**Monday 13 December**

**1pm - [book now](#)**

**6pm - [book now](#)**

### Top tips for supporting young people through exam season

It is very normal for exams and tests to lead to anxiety, stress, and worry. This workshop is designed for both parents and young people to attend to provide guidance around preparing for and coping with exam season.

**Monday 22 November**

**1pm - [book now](#)**

**6pm - [book now](#)**