

Mental Health Support Team

LIVE WEBINARS

**For Parents
and Carers**

**TO SIGN UP, SCAN THE QR
CODES ON THE NEXT PAGE**



Dates: Various



Time: 6pm - 7pm



Microsoft Teams

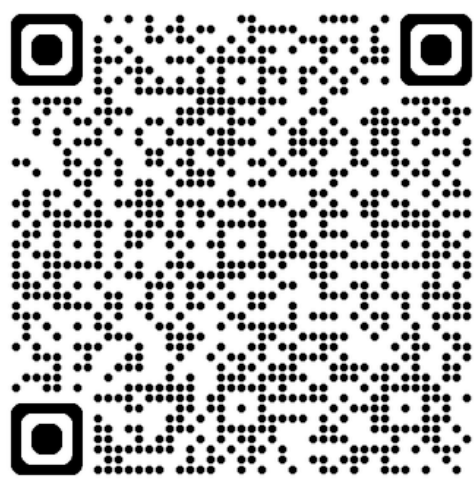
Please visit our website via the
QR code for more information
about our service



Please Note: Your child must attend an MHST school for access to the
online webinars if you are unsure please scan the QR code above



01/10/25
**Introduction to the
MHST**



23/10/25
**General Mental
Health awareness**



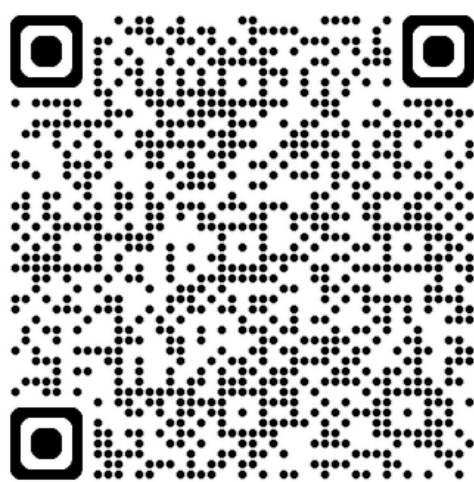
11/11/25
**Managing Behavioural
difficulties**



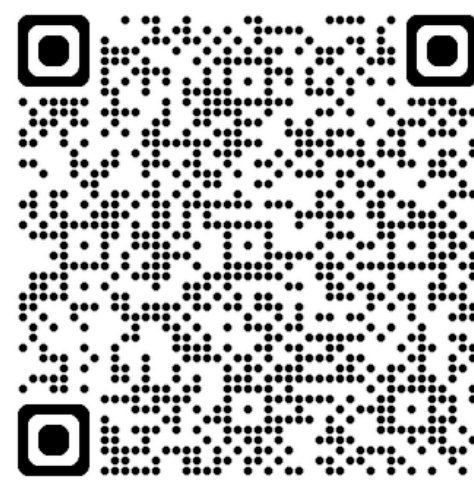
26/11/25
**Managing Anxiety
Under 11s**



09/12/25
**Managing Anxiety
Over 12s**



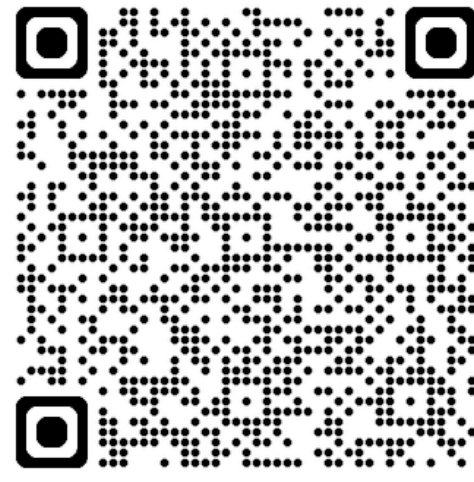
21/01/26
**Managing Low Mood
Over 12s**



05/02/26
**Supporting with Sleep
Over 12s**



26/02/26
**Supporting with sleep
Under 11s**



24/03/26
**Building Positive
Relationships at Home**



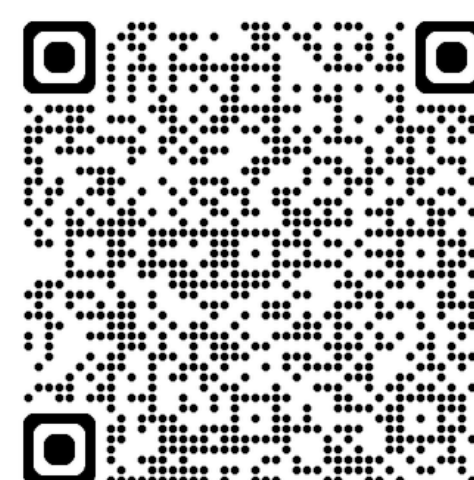
22/04/26
**Exam Stress
Over 12s**



07/05/26
**Exam Stress
Under 11s**



09/06/26
**School Transitions
Under 12s**



18/06/26
**School Transitions
Over 13s**

Scan the QR code to book your place