

## Supporting Young People's Mental Health Parent/Carer Workshops Spring Term 2025



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 60-75 minutes long.

Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsft.uk/workshops>.



### Understanding Self-Harm in Children/Adolescents

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

**Tuesday 21<sup>st</sup> January 13:00 PM - [BOOK HERE](#)**

### Supporting Your Child to Manage Their Big Feelings

As our children and young people grow, they experience many changes in themselves and the world around them. During this time, our children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelmed.

**Wednesday 22<sup>nd</sup> January 12:00 PM - [BOOK HERE](#)**

### Parenting the Anxious Adolescent – Part 1

This workshop is the second part of a two-part webinar which is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety. When signing up for this event, please also sign up for a "Parenting the Anxious Adolescent – Part 2".

**Thursday 30<sup>th</sup> January 18:00 PM (Part 1) - [BOOK HERE](#)**

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# Supporting Young People's Mental Health

## Parent/Carer Workshops Spring Term 2025

### Parenting the Anxious Adolescent – Part 2

This workshop is the second part of a two-part webinar which is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents feel more confident in supporting their young people.

**Thursday 6<sup>th</sup> February 18:00 PM (Part 2) – [BOOK HERE](#)**

### Supporting your Child/Adolescent With Anxiety

Aimed at parents and carers of children and young people aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it effects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

**Wednesday 26<sup>th</sup> February 12:00 PM - [BOOK HERE](#)**

### Supporting Your Child/Adolescent with Obsessive Compulsive Disorder (OCD)

This session covers: what OCD is, how it affects and impacts children and young people, how parents and carers can support their children/adolescents who might be struggling with OCD, and what further support is available.

**Thursday 27<sup>th</sup> February 13:00 PM - [BOOK HERE](#)**

### Supporting Your Child to Manage Their Big Feelings

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**Monday 24<sup>th</sup> March 12:00 PM - [BOOK HERE](#)**

### Building Understanding and Supporting Your Child With Tourette's symptoms/TICS

This workshop, delivered by clinicians experienced in working with children and young people with Tourette's/Tics Disorder, will provide information about Tourette's and Tics in children and young people, dispel some common myths and give guidance on how you can best support your child/teenager as they negotiate the highs and lows of life with tics.

**Tuesday 25<sup>th</sup> March 12:00 PM - [BOOK HERE](#)**

Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsft.uk/workshops>



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