

## Supporting Young People's Mental Health Parent/Carer Workshops Spring Term 2026



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>.



### Building Confidence and Managing Anxiety in Your Child – Parts 1 and 2

For parents/carers of children or young people aged under 12. This is a two-part webinar and 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/carers feel more confident in supporting their children and young people.

**Monday 12<sup>th</sup> January 10:00 AM - [BOOK HERE](#)** (Please also book Part 2)

**Monday 19<sup>th</sup> January 10:00 AM - [BOOK HERE](#)** (Please also book Part 1)

### Supporting your Child or Young Person (up to age 11) 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.

**Monday 26<sup>th</sup> January 13:00 PM - [BOOK HERE](#)**

### Supporting your Child or Adolescent (ages 12-18) with Low Mood

Everyone has days when they feel low, this is normal. Sometimes this low mood hangs around for longer and starts to make it difficult for our children and young people to do the things that are important to them. This can affect their relationships with others. For us as parents and carers it can be hard to spot these difficulties especially among all the other changes that are happening in adolescence.

**Tuesday 27<sup>th</sup> January 12:00 PM - [BOOK HERE](#)**

### **Managing Exam Stress**

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

**Monday 16<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 26<sup>th</sup> February 13:00 PM - [BOOK HERE](#)**

### **Parenting and Anxious Adolescent – Parts 1 and 2**

For parents/carers of children and adolescents who are aged 12 and above. This is a two-part webinar 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 and carers feel more confident in supporting their young people with anxiety.

**Monday 16<sup>th</sup> March 10:00 AM - [BOOK HERE](#)** (Please also book Part 1)

**Monday 23<sup>rd</sup> March 10:00 AM - [BOOK HERE](#)** (Please also book Part 2)

### **Understanding and Supporting Your Child with Emetophobia**

This workshop for parents and carers will explore the topic of emetophobia, the fear of being sick or seeing others be sick. The impacts of emetophobia can vary greatly for one child to another. This session will cover what emetophobia is and how it might present in children and young people. It will then consider effective strategies you can use to support your child or young person that might be experiencing emetophobia.

**Monday 23<sup>rd</sup> March 12:00 PM - [BOOK HERE](#)**

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