

Supporting Young People's Mental Health

Parent/Carer Workshops Autumn 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>.



Supporting Your Child/Adolescent with Anxiety

Aimed at parents/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.

Monday 14th September 12:00 PM – [BOOK HERE](#)

Supporting Your Child/Young Person 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 and young people to have these feelings and ways in which we can support them to manage if they become overwhelmed.

Tuesday 22nd September 12:00 PM – [BOOK HERE](#)

Supporting your Child/Young Person with Emotion Based School Avoidance (ESBA)

For parents/carers of children aged 11-16. This workshop focuses on supporting parents/carers to help their child to attend or get back to school. It aims to help parents/carers to develop an understanding of school avoidance and provides the tools that can be used to help your child feel confident in re-engaging with school.

Tuesday 20th October 1:00 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 19th November 1:15 PM - [BOOK HERE](#)

Understanding and Supporting Behaviour

Children and teenagers may show behaviours that are difficult for the adults around them, for example: aggression, risk-taking behaviours, impulsivity, testing boundaries and inattention. This workshop explores how to understand behaviour and how parents/carers can support their child with these behaviours which may stem from distress.

Tuesday 15th December 12:00 PM - [BOOK HERE](#)