

CAMHS Parent Information Sessions

Delivered by your MHST School practitioners via Microsoft Teams

Understanding and Managing Anxiety

~~Monday 16th Jan 12.30-2.30pm~~

Fri 21st April 10am-12pm

- Perceptions of mental health
- What is anxiety and how it impacts the body and brain
- Basic strategies to help manage anxiety
- When to ask for extra help and where to receive extra support



Managing Emotions

~~Mon 6th March 10am-12pm~~

Mon 10th July 12.30-2.30pm

- What challenging emotions can children experience & what might trigger this?
- How do these emotions affect our children?
- What challenges are we facing?
- Basic strategies to help manage challenging emotions



Sleep

~~Fri 10th February 12.30-2.30pm~~

Fri 9th June 10am-12pm

- The quality of sleep for you and your child
 - Average sleep needs
 - Impact of a lack of sleep
 - Causes of sleep deprivation
 - Tips for better sleep



Self-harm

Mon 22nd May 10am-12pm

- To develop an understanding of self-harm and why it might happen.
- To consider the difference between helpful and unhelpful attitudes towards self-harm.
- Basic strategies that we can use to support children and young people who are at risk of self-harming.
- To develop confidence when approaching the issue of self-harm.



All sessions can be booked via school by providing your name and email address. Places are limited and will be allocated on a first come first served basis.

Please note that the above sessions are general information giving sessions and are designed to provide information and advice only, at an introductory level. These are not clinical sessions and not all information may be relevant to each individual.