

# Education Wellbeing Service

Live Webinars Delivered by Senior Mental Health Professionals

Supporting Your Teenager's Mental Health  
For Parents/Carers of Secondary School Aged Children



**Parents have said:**

"New, fresh information – plus strategies I can imagine using."

"It was real – parenting can be hard but there are small changes we can make to help our teenagers."

"Good structure and pace, great to hear directly from experts!"

**100% of parents who attended the webinars last year said they would recommend them or similar workshops to friends/family**

**Scan the QR code or follow the link to view further details and sign-up to any of the free webinars**

**CLICK HERE TO SIGN UP**



In many schools, we also provide free 1:1 early support programmes for young people to support with their anxiety or low mood and we provide whole-class workshops in schools. Please speak to your school to find out more.