

Proud to be part of



The children and young people's emotional wellbeing and mental health service



Surrey and Borders Partnership  
NHS Foundation Trust

## Mental Health Awareness Week 2023 - Parent Webinars

As a School Based Needs Team, we are offering a variety of webinars this mental health awareness week. Each webinar will take place online, via Microsoft Teams and last approximately one hour. To sign up, and receive the meeting link, please click or scan the QR code or click on any of the descriptions below to complete the sign up form. Please note, sign up closes on 12th May at 4pm, when invites will then be sent.

Click or scan the QR code



### The Teenage Brain & Emotional Regulation: Monday 15th May, 9.30am, 6.30-7.30pm.

- Changes in the teenage brain
- How this affects emotional wellbeing, behaviour and regulation

### Managing big emotions and anger: Monday 15th May, 9.30am, 6.30-7.30pm

- Why our children struggle to manage big emotions
- Supporting your child with big emotions

### Anxiety:

Tuesday 16th May, 9.30am, 6.30-7.30pm

- Symptoms and signs of anxiety
- Supporting your child with anxiety

### Low Mood:

Wednesday 17th May, 9.30am, 6.30-7.30pm

- Symptoms and signs of low mood
- Supporting your child with low mood

### Body image and self-esteem (Secondary): Thursday 18th May 9.30am 6.30-7.30pm

- Pressures young people face
- Supporting your child's self-esteem and body image

### Friendships, self-esteem and confidence (Primary):

Thursday 18th May 9.30am, 6.30-7.30pm

- Importance of friendships
- Supporting your child with positives friendships and challenges

### Children's health in the digital age: Friday 19th 9.30am

- Social media and emotional wellbeing
- Sleep and healthy eating

**Webinars for children: We are also offering a webinar Mon-Thursday for secondary school age children.** Please see the offer here:

<https://forms.office.com/e/sTWkms43T4>



## Mental Health Awareness Week 2023 - Student Webinars

Click or scan the QR code

As a School Based Needs Team, we are offering a variety of webinars this mental health awareness week. Each webinar will take place online, via Microsoft Teams and last approximately one hour. Please use the QR code to sign up to receive the invite link via email.. you are welcome to sign up to multiple webinars.



### Understanding your Emotions:

**Monday 15th May, 5-6pm**

- Changes in the teenage brain
- How this affects emotional wellbeing, behaviour and regulation
- Ways to manage big feelings and overwhelming emotions

### Anxiety:

**Tuesday 16th May, 5-6pm**

- Symptoms and signs of anxiety
  - When anxiety is normal, when to get help
- Skills to learn to manage anxiety



### Low Mood:

**Wednesday 17th May, 5-6PM**

- Symptoms and signs of low mood
- Skills to help improve your mood



### Body Image:

**Thursday 18th May 5-6pm**

- Why we might feel the need to look a certain way
- Images in the media
- How to improve self-esteem and view of self



Clarification on signs and symptoms was well presented

I found it helpful to learn about positive and negative thinking patterns

The workshop gave lots of ideas to try to deal with anxiety

