

FREE PARENT & CARER WEBINARS



HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM

Spring 2025



MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust

In partnership with





M H S T

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HI THERE!

We are the Mental Health Support Team (also known as the MHST!) based in Somerset, UK.

We are a partnership of Somerset NHS Foundation Trust and Young Somerset.

Our mission is to support and improve children and young people's mental health and wellbeing.

You can find out more about us at

bit.ly/mhstinfo

Or follow us on our social media pages:



@Somerset MHST



@Somersetmhst

OUR WEBINARS



- 1 SUPPORTING YOUR NEURODIVERGENT CHILD
- 2 SUPPORTING EXAM & TEST WELLBEING
- 3 HELPING YOUR CHILD TO THRIVE:
BOOSTING SELF-ESTEEM & RESILIENCE
- 4 UNDERSTANDING & SUPPORTING
ANXIETY & LOW MOOD
- 5 SUPPORTING YOUR CHILD'S BIG FEELINGS
- 6 WEBINARS COMING THIS SUMMER...
- 7 HELPFUL LINKS



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FREE WEBINARS FOR
PARENTS & CARERS

SUPPORTING YOUR NEURODIVERGENT CHILD

SUPPORTING THEIR MENTAL
HEALTH & WELLBEING IN A
NEUROTYPICAL WORLD

IN THIS 1 HOUR VIRTUAL
WORKSHOP HOSTED BY SOMERSET'S
MENTAL HEALTH SUPPORT TEAM,
WE WILL EXPLORE...

- How to support your child or teens's mental health and wellbeing in a neurotypical world
- Understanding your child/teen's neurodivergent experience
- Where and how to get further support



WHEN?

13:00-14:00 20th February 2025 | [Register here](#)

or

17:30-18:30 11th March 2025 | [Register here](#)

or

09:30-10:30 18th March 2025 | [Register here](#)

Look out for our summer sessions for
more support

Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.



SUPPORTING EXAM & TEST WELLBEING



IN THIS 1 HOUR VIRTUAL
WORKSHOP HOSTED BY
SOMERSET'S MENTAL HEALTH
SUPPORT TEAM, WE WILL
EXPLORE...

- What might get in the way of wellbeing during exams and tests
- How our brain and body might respond to stress and overwhelm
- Ideas of how to support our children (and ourselves) before, during and after exams & tests.



WHEN?

13:00-14:00 19th February 2025 | [Register here](#)

or

17:30-18:30 6th March 2025 | [Register here](#)

or

14:00-15:00 8th April 2025 | [Register here](#)



Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.



HELPING YOUR CHILD TO THRIVE:

HOW TO BOOST SELF-ESTEEM & RESILIENCE

IN THIS 1 HOUR VIRTUAL
WORKSHOP HOSTED BY
SOMERSET'S MENTAL HEALTH
SUPPORT TEAM, WE WILL
EXPLORE...

- What boosts our children
- How we can foster their strengths and talents
- How negative self-talk might get in the way
- Navigating friendships & relationships



WHEN?

10:00-11:00 16th January 2025 | [Register here](#)

or

17:30-18:30 30th January 2025 | [Register here](#)

or

13:30-14:30 6th February 2025 | [Register here](#)

Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.



UNDERSTANDING & SUPPORTING ANXIETY & LOW MOOD



IN THIS 1 HOUR VIRTUAL
WORKSHOP HOSTED BY
SOMERSET'S MENTAL HEALTH
SUPPORT TEAM, WE WILL
EXPLORE...

- Why young people may struggle with anxiety & low mood.
- How to recognise anxiety & low mood in children.
- A range of strategies to support with anxiety & low mood.
- How and when to seek further support.



WHEN?

17:30-18:30 3rd April 2025 | [Register here](#)

or

11:00-12:00 15th April 2025 | [Register here](#)

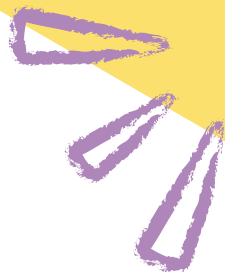
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of your child's school on
registration.



SUPPORTING YOUR CHILD'S BIG FEELINGS:

AN EMOTION COACHING APPROACH



IN THIS 1 HOUR VIRTUAL
WORKSHOP HOSTED BY
SOMERSET'S MENTAL HEALTH
SUPPORT TEAM, WE WILL
EXPLORE...

- How to support your child's and teen's feelings in the moment and for the future.
- You will go away with a range of strategies (including emotion coaching) to boost your child's, and your own, emotional resilience.



WHEN?

10:00-11:00 10th April 2025 | [Register here](#)

or

17:30-18:30 15th April 2025 | [Register here](#)



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more support

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COMING THIS SUMMER!

A SNEAK PEAK AT THE WEBINARS YOU CAN
EXPECT FROM US THIS SUMMER



- Supporting change and transitions (moving schools)
- Becoming bereavement aware
- Surviving and thriving over the summer
- Returning to school: supporting neurodivergent children during transitions
- Coping with anxiety & change

You had your say and we listened!
From the feedback we received we've developed these
workshops to support you over the summer months.

HELPFUL LINKS



MHST Parent/ carer toolkit

bit.ly/mhstparents



Public health: Children & Young people

cypsomersethealth.org

Support & information for anyone that cares for or works with young people in Somerset



Young Somerset

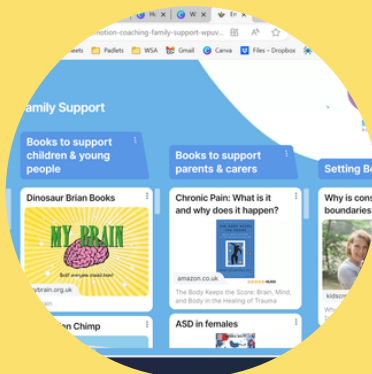
youngsomerset.org.uk

Young Somerset is the largest youth work charity in Somerset and their mission is to put young people first.



MHST Emotion Coaching Toolkit

bit.ly/mhstemotioncoaching



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SEE YOU SOON....

We look forward to you joining us at one of our webinars. Please also look out for face to face workshops being advertised on our Facebook page or via your child's school.

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 SITE bit.ly/mhstinfo

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