

FREE PARENT & CARER WEBINARS

Hosted by Somerset's Mental Health Support Team

Autumn Term 2026



[BIT.LY/MHSTINFO](https://bit.ly/mhstinfo)

[BIT.LY/YOUNGSOMERSETMHST](https://bit.ly/youngsomersetmhst)



SOMERSET MHST



@SOMERSETMHST

HI THERE!



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

In partnership with



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

WHAT'S ON THIS TERM?



- 1 Supporting Your Child's Mental Health & Wellbeing
- 2 Supporting Your Child's Big Feelings
- 3 Helping Your Child & Teen Sleep: Tools, Tips & Techniques
- 4 Boosting Self-esteem & Resilience: Helping Your Child to Thrive
- 5 Coping with Exams: Supporting Your Child



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NHS Foundation Trust

FREE WEBINARS FOR
PARENTS & CARERS

SUPPORTING YOUR CHILD'S MENTAL HEALTH & WELLBEING



WHEN?

18:00-19:30 8th October 2026

[Register here](#)

13:00-14:30 13th October 2026

[Register here](#)

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will...

- ✓ Learn how positive mental health supports your child's happiness, confidence and success at school and beyond.
- ✓ Recognise the early signs that your child may be struggling and understand how to respond.
- ✓ Discover practical, everyday strategies to support your child's emotional wellbeing at home.
- ✓ Find out where to access help and support for your family when it is needed.



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



FREE WEBINARS FOR
PARENTS & CARERS

SUPPORTING YOUR CHILD'S BIG FEELINGS

AN EMOTION
COACHING APPROACH



WHEN?

13:00-14:30 20th October 2026

[Register here](#)

18:00-19:30 22nd October 2026

[Register here](#)

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ How to support your child's and teen's emotional resilience in the moment and for the future.
- ✓ Strategies that will help develop emotionally intelligent mindsets for all your family.
- ✓ A range of tools (including Emotion Coaching) to boost your child's, and your own, emotional resilience.



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FREE WEBINARS FOR
PARENTS & CARERS

HELPING YOUR CHILD & TEEN SLEEP:

TOOLS, TIPS &
TECHNIQUES

In this 90 minute workshop hosted by Somerset's
Mental Health Support Team, we will...

- ✓ Learn why sleep is so important for wellbeing, mood and learning.
- ✓ Understand common sleep challenges and what gets in the way.
- ✓ Discover simple, evidence-based tips to improve sleep habits.
- ✓ Help your child feel happier, healthier and ready to reach their potential.



WHEN?

9:30-11:00 6th November 2026

[Register here](#)

18:00-19:30 12th November 2026

[Register here](#)



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any parent/carer in
Somerset. You will just
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name of your child's
school on registration.

FREE WEBINARS FOR
PARENTS & CARERS

BOOSTING SELF- ESTEEM & RESILIENCE

HELPING YOUR CHILD
TO THRIVE



WHEN?

13:00-14:30 21st October 2026

[Register here](#)

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ The everyday moments that build confidence and emotional strength.
- ✓ Simple ways to encourage your child's strengths, talents and interests.
- ✓ Helping children overcome negative self-talk and build a positive mindset.
- ✓ Friendships and feelings: supporting your child to navigate relationships with confidence and resilience.



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FREE WEBINARS FOR
PARENTS & CARERS

COPING WITH EXAMS:

SUPPORTING YOUR
CHILD



WHEN?

13:00-14:30 19th November 2026

[Register here](#)

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will...

- ✓ Understand what exam stress can look like and why young people can feel overwhelmed.
- ✓ Learn what children and teenagers really need from parents before, during and after exams.
- ✓ Discover practical ways to reduce pressure and boost confidence, motivation and wellbeing.
- ✓ Take away simple strategies to help your child navigate exams feeling supported and resilient.



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

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

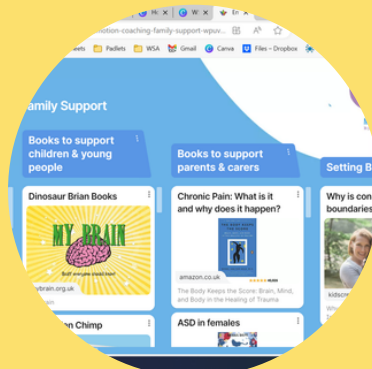
youngsomerset.org.uk

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



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 school.



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SITE bit.ly/mhstinfo



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