

Supporting Young People's Mental Health

Parent/Carer Workshops Summer Term 2026



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsft.uk/workshops>.



Understanding and Supporting Your Child/Young Person with Self-Harm

Knowing your child or young person is finding things difficult and engaging in self-harm can be frightening and confusing for parents/carers. This workshop aims to develop parents'/carers' understanding of self-harm and will cover: "What is self-harm?", "Why does self-harm happen?", and "What can I do to help?".

Wednesday 29th April 13:00 PM - [BOOK HERE](#)

Tools for Managing Worry and Uncertainty in Young People

Life is always unpredictable, but over the last few years we have been living with a much higher degree of uncertainty than is usual. This workshop introduces strategies that parents/carers can support their children and young people to use to help them cope better with uncertainty now and in the years to come. Being able to adapt in situations by learning to understand emotions and cope with changes reduces stress levels and is a great skill for life.

Thursday 30th April 13:00 PM - [BOOK HERE](#)

Supporting Your Child/Young Person to Manage Their Big Feelings

As our children and young people grow, they experience many changes in themselves and the world around them. During this time, our children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children and young people to have these feelings and ways in which we can support them to manage if they become overwhelmed.

Monday 18th May 13:00 PM - [BOOK HERE](#)

Understanding the Adolescent Brain: Supporting our Teenagers with Emotions

During adolescence the brain goes through some very big changes – these changes are positive and support our young people to make the transition into adulthood. However, these changes can be confusing and so understanding what is happening in the teenage brain is incredibly helpful. This session explores these brain changes and how they impact on all aspects of our adolescents' life, and covers mood, behaviour, risk taking and relationships. We will also explore what we can do to strengthen our relationships with our young people and support them through this period of development.

Tuesday 19th May 12:00 PM – [BOOK HERE](#)

Supporting Your Child/Young Person with Bereavement

In this workshop delivered by Clinicians experienced in working with young people, we will explore what grief is and some different ideas to understand grief. It will also look at different ways in which parents/carers can support our children and young people when they are dealing with grief.

Monday 22nd June 12:00 PM – [BOOK HERE](#)

Supporting Your Child/Adolescent with Anxiety

Aimed at parents/carers of children and young people aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it effects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Tuesday 23rd June 12:00 PM – [BOOK HERE](#)

Managing changes and transitions as we enter the summer holidays

In this workshop we will explore why change can be so challenging for our children/young people. The session will focus on 5 key components to wellbeing and think about how we can practically support in each of these 5 areas. The session will pay particular attention to the approaching summer holidays and the opportunities this offers as well as thinking about the transition to the new school year.

Wednesday 8th July 13:00 PM – [BOOK HERE](#)