

Free Online Parent & Carer Webinars



Join the Mental Health Support Team for 1-hour online webinars for parents/carers of Secondary School aged young people to understand more about your child's mental health and learn some tips to help



Understanding Anxiety in Children and Young People

Suitable for parents of Yr 7 & Yr 8 students

- Understanding anxiety
- Signs of anxiety
- Tips on how to support children who are anxious

Mon 19th Oct
9:30-10:30am

Click here
to sign up



[Teams Event Link](#)

Recognising and Understanding Barriers to School Attendance

- Anxiety and attendance
- Talking about school worries
- Working together
- Parent wellbeing

Weds 7th Oct
4-5pm

Click here
to sign up



[Teams Event Link](#)

The Mental Health Support Team (MHST) provides early mental health and wellbeing support for pupils aged 5-18. We offer individual and group support for mild to moderate anxiety and low mood.

If you feel your child would benefit from support, speak to your school's Mental Health Lead about a referral to the MHST



Oxford Health
NHS Foundation Trust