

# MHST SUMMER WORKSHOPS

MHST are offering an opportunity for parents/carers to learn CBT based skills to support young people's mental health and wellbeing. Each workshop is being delivered twice over the summer holidays.

All workshops are all being held online, delivered by practitioners from MHST.



These workshops have been developed for parents/carers of young people attending a school/college in either Portsmouth or Southampton.



Wednesday 31st July  
11:00 - 12:00

or

Wednesday 28th August  
14:00 - 15:00

## SUPPORTING YOUR ADOLESCENT WITH LOW MOOD

This parent/carer workshop will cover: Understanding low mood and what keeps it going, acting outside-in, things we value in our lives, scheduling activities. It will include top tips to consider and skills to try when supporting your adolescent with their mood.

## SUPPORTING YOUR CHILD TO STEP UP TO SECONDARY

This parent/carer workshop will cover: The step up to secondary. We will consider common worries and how we can manage them, friendships and how to make new friends in a new environment, self-care and how we speak more positively to ourselves. It will include top tips and some skills for you to try at home with your young person.



Monday 5th August  
15:00-16:00  
or  
Wednesday 21st August  
10:00-11:00



Monday 5th August  
09:30-10:30

or

Monday 19th August  
14:00 - 15:00

## SUPPORTING YOUR CHILD WITH WORRIES

This parent/carer workshop will cover: Understanding anxiety, when it is normal/a problem, what keeps it going, avoidance, reassurance, communication tips and additional strategies to manage worries.

## HOW TO SIGN UP:

To register your place on a workshop, please email [MHSTSouthampton@solent.nhs.uk](mailto:MHSTSouthampton@solent.nhs.uk) clearly stating **which workshop** and **date** you would like to attend.

You will then receive a link to the online meeting.