NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

Mental Health Support Team

Online Parent/Carer Workshop

What is it?

It is an hour long workshop aimed at parents & carers to understand your child, and gain some tips and tricks to use at home.

There are 2 topics this month:

INTRO TO LOW MOOD

Alternate *Mondays / Wednesdays 12pm-1pm*

Introduction to Low Mood: Learn how low mood can affect thoughts, feelings, and actions, and discover simple, practical strategies to break the cycle and improve wellbeing.

5 WAYS TO WELLBEING

Alternate *Mondays / Wednesdays 12pm-1pm*

5 Ways to Wellbeing: Discover five key areas that have been identified to boost wellbeing: Learn practical tips to help you bring these habits into everyday life.

What happens next? Once you sign up below, you will receive an email with options of webianrs and instructions for next steps.

Topics of workshops change termly

To sign up, please complete a registration form here: MHST Online Session

The Mental Health Support Teams (MHST) is a partnership between Off the Record (OTR) and CAMHS. MHSTs were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.To find out where we work, check out our webpage:

https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/mental-health-support-team-mhst-2

This leaflet is also available in other languages. Please contact us for more information.

MHST
Tools to thrive