

SUPPORTING YOUR CHILD'S MENTAL HEALTH WEBINAR



**THURSDAY 5TH
MARCH 2026**
5-6PM ON ZOOM

Registration Required

What is the webinar all about?

This webinar supports parents to understand anxiety and low mood in teenagers, with practical strategies to promote emotional wellbeing and academic success. We will also cover supportive conversations, MHST referrals, and answer your questions during the webinar.



Who Should Attend?

- ✓ Parents
- ✓ Caregivers

For more information



cnwl.adminharrowmhstcamhs@nhs.net



020 8869 4500

