



South Tyneside and Sunderland
Mental Health Support Services

Mental Health Webinars For Parents/Carers

Introduction to Our Service	25th November 2025	6 - 6:30pm
Managing Worries and Anxieties	21 st January 2026	6 - 6:30pm
Exam Stress	12 th February 2026	6 - 6:30pm
Managing Difficult Behaviours	24 th March 2026	6 - 6:30pm
Supporting Language & Communication in Young People	23 rd April 2026	6 - 6:30pm
Introduction to Our Service	13 th May 2026	6 - 6:30pm
School Transitions	25 th June 2026	6 - 6:30pm
Anxious Returners	26 th August 2026	6 - 6:30pm

Join the webinars here by scanning the QR code or clicking the link below:

[Click here to join the meeting now](#)

Meeting ID: 311 699 501 934 5



Please note: For privacy and safeguarding reasons (in line with GDPR), we ask that parents/carers join as guests, keep microphones and cameras off, and do not use the chat function during the session.

