



South Tyneside and Sunderland
Mental Health Support Services

Managing Difficult Behaviours For Parents/Carers

Join South Tyneside & Sunderland's Mental Health Support Teams to find out how to support your children and young people with challenging or difficult behaviour

Date: **24th March 2026**

Time: **6 - 6:30pm**

Join the Teams meeting 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.



helping and supporting you: The Healthy Minds and Healthy Heads Teams
Service provided by South Tyneside and Sunderland NHS Foundation Trust