HMT
HEALTHY MINDS TEAM

Healthy Heads

NHS
South Tyneside and Sunderland
Mental Health Support Services

Managing Stress

For Parents/Carers

Join South Tyneside & Sunderland's Mental Health Support Teams to find out how to support your children and young people manage any feelings of stress

Date: 23rd November 2026
Time: 6 - 6:30pm

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

[Click here to join the meeting now]

Meeting ID: 380 800 268 987 181

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.

Scan Me

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Helping and supporting you:
South Tyneside Mental Health Support Service: Healthy Minds
Sunderland Mental Health Support Service: Healthy Heads