HMT
HEALTHY MINDS TEAM

Healthy Heads

NHS
South Tyneside and Sunderland
Mental Health Support Services

Mental Health Webinars

For Parents/Carers

Introduction to Our Service	23rd September 2026	6 - 6:30pm
Managing Worries and Anxieties	15th October 2026	6 - 6:30pm
Managing Stress	23rd November 2026	6 - 6:30pm
Children's Mental Health Week: Step Into Our World	28th January 2027	6 - 6:30pm
Managing Difficult Behaviours	23rd February 2027	6 - 6:30pm
Exam Stress	24th March 2027	6 - 6:30pm
Supporting Your Child to Talk About Their Feelings	26th April 2027	6 - 6:30pm
Five Ways to Wellbeing	25th May 2027	6 - 6:30pm
School Transitions	24th June 2027	6 - 6:30pm
Anxious Returners	10th August 2027	12-12:30pm
Anxious Returners (repeat)	26th August 2027	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: 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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Healthy Heads

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