

Child & Adolescent Mental Health Service Virtual Workshops for Parents and Carers

The following online workshop is now available to book on to, which will be delivered live and free of charge via Microsoft teams for parents and carers in Teesside.

Understanding Anxiety

Wednesday 10th February 2021, 4pm-

We will explore what may contribute to children and young people's anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.

Emotional Wellbeing

Wednesday 17th February 2021, 10am-11am

We will introduce you to the risk and resilience framework exploring how this can be used to improve outcomes for children, young people and their families and discuss what can be done to promote healthy emotional wellbeing in children and young people.

Understanding ADHD

Monday 8th March 2021, 10am-11am

This workshop will provide an awareness of ADHD and the core symptoms that children and young people may experience. We will explore the impact ADHD can have on children, young people and their families and give an overview of the assessment process.

To access the CAMHS parents and carers workshops, please contact: TEWV.CAMHS-Training@nhs.net

And provide the following information:

- Which workshop(s) you would like to access
- Your name
- The school(s) your child(ren) attend
- Which locality you live
- Email address
- Age(s) of your child(ren)

