

Anxiety webinar

The team recognised a need for more accessible psychoeducation on mental health and wellbeing. The team were aware from consultations with schools and conversations with parents and carers that there is a need for more widespread information, without needing a referral and on more of a 'one-off' basis so more people could attend and benefit.

Young people, parents/carers and school staff have been invited to attend a series of webinars covering different subjects. A total 28 people signed up to the first webinar and 19 attended. It was a mixture of school staff, parents and young people. They are all signed up for the rest of the webinars in the series and we continue to advertise them.

Mental Health Support Team - Wellbeing webinars

We are running a series of webinars one Friday a month on a number of topics related to mental health and wellbeing. The sessions run from 4pm to 4.45pm and will be held on zoom (the link will be emailed to you once you register).

Topics and dates

- Parenting for anxiety - 23 February
- Low mood - 22 March
- Neurodiversity - 26 April
- Parent skills for behaviour - 17 May
- LGBTQ+ - 21 June
- Emotional regulation - 19 July



What can you expect from the sessions?

- 'I found it useful to learn how anxiety can affect children in different ways'
- 'I learned some strategies to help the children when they're struggling'
- 'A good overview of anxiety responses, signpost and resources'

Get involved:

We are running our webinars once a month on various topics.

If you would like to register, email events@merseycare.nhs.uk

You can find our webinar recordings on YouTube by [clicking this link](#) or visiting our page by scanning the QR code below:

