

For Parents and Carers: webinars on-demand

How to support your young person with anxiety

This webinar explores when anxiety is normal vs. problematic, common anxieties during adolescence, the relationship between parent-child anxiety, and how and when to access support for your child.

[Click here to download](#)

Passcode: CWuA+2#2

How to support your young person with low mood

This webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.

[Click here to download](#)

Passcode: 5FMJ\$.5Q

Service closure for Easter break

Please note, that young people's sessions will not take place whilst your school/college is closed for the holidays.