



Ealing mental health support spring workshops

09 Jan 2025

Ealing Mental Health Support Team (MHST) support the wellbeing of children and young people in Ealing schools.

Over the spring term, Ealing MHST will be running a variety of online workshops for parents and carers of children who attend a school in Ealing.

Schools are asked to share [the spring term workshops flyer](#) with their parents and school community.

The workshops will be held online using MS Teams.

Mental health spring workshops

January 2025

- Teen low mood and sleep - 16 January
- Supporting anxiety in children and young people - 20 January
- An introduction to Autism - 30 January

February 2025

- Understanding behaviours in SEND - 7 February
- Supporting friendship in children - 18 February
- MH in adolescent boys - 25 February

March 2025

- Adolescent exams stress - 11 March
- Introduction to autism in adolescents - 14 March
- Supporting appropriate technology use in young people - 17 March

How to sign up

Parents can complete the [short sign up form](#) for any of the above spring term 2025 workshops.

Email Ealing.mhst@nhs.net for more information

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[Spring term 2025 parent carer workshop flyer.pdf \(pdf\)](#)

Related Services

[Ealing mental health support team \(MHST\) 2024/25](#)

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- [No](#)

Contacts

[Ealing mental health support team \(MHST\)](#)

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Last updated: 09 Jan 2025