



## Ealing mental health support summer term workshops and newsletter

15 Apr 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 [summer term workshops flyer](#) with their parents and school community.

The workshops will be held online using MS Teams.

### Mental health summer workshops

#### April 2025

- Supporting friendships in primary school - 23 April
- Exam stress - 28 April

#### May 2025

- Common behaviour difficulties - 2 May
- Understanding anxiety - 6 May
- Social media and self esteem - 14 May
- Introduction to ASC and adolescence - 16 May
- Supporting behaviour in children with additional needs - 27 May
- Supporting appropriate technology use in primary children - 30 May

#### June 2025

- Introduction to ASC in primary school children - 2 June
- Supporting appropriate technology use in secondary age children - 10 June
- Understanding male mental health - 24 June
- Supporting transition to secondary school - 26 June

#### July 2025

- Supporting transition to secondary school - 4 July
- Supporting behaviour in children with additional needs - 7 July
- Understanding anxiety - 14 July

### How to sign up

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

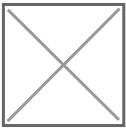
Email [Ealing.mhst@nhs.net](mailto:Ealing.mhst@nhs.net) for more information

### Newsletter

Read the Ealing mental health support team's [April 2025 newsletter](#) to find out more about who we are and how we can support you.



[Summer Term 2025 ParentCarer Workshop Flyer.pdf \(pdf\)](#)



[MHST April 2025 Newsletter.pdf \(pdf\)](#)

#### **Related Services**

[Ealing mental health support team \(MHST\) 2025/26](#)

#### **Was this page useful?**

- [Yes](#)
- [Neutral](#)
- [No](#)

#### **Contacts**

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

[Ealing.mhst@nhs.net](mailto:Ealing.mhst@nhs.net)

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