



Ealing mental health autumn term workshops

15 Jul 2025

Action for schools: Please share the flyer with your school community, parents, guardians and carers.

Over the autumn term, Ealing Mental Health Support Team will be running a variety of online workshops for parents and carers of children who attend a school in Ealing.

The workshops will be held online using MS Teams.

Mental health autumn workshops

- Supporting positive behaviour in children on 18 September 2025 10.30 to 11.30am
- An introduction to autism in adolescents on 26 September 2025 12 to 1.30pm
- Supporting anxiety in adolescents part 1 on 1 October 2025 12 to 1.30pm
- Introduction to OCD on 3 October 2025 11 to 12.30pm
- Understanding behaviour for children with additional needs on 10 October 2025 12 to 1.30pm
- Supporting appropriate technology use in children on 16 October 2025 12 to 1pm
- Social media and self-esteem in children and young people on 22 October 2025 10.15 to 11.30am
- Supporting anxiety in adolescents part 2 on 12 November 2025 12 to 1.30pm
- An introduction to autism on 18 November 2025 12 to 1.30pm
- Supporting friendships in children on 25 November 2025 12 to 1pm
- Teen low mood and sleep on 1 December 2025 12 to 1pm
- Adolescent exam stress on 8 December 2025 12 to 1pm

How to sign up

If you would like to sign up to one of our workshops, please scan the QPR code or complete this form: [MHST: Autumn Term 2025 Workshop Sign Up \(google.com\)](#)

If you have any questions, please do email us on: Ealing.mhst@nhs.net



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

Was this page useful?

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

Contacts

Ealing mental health support team (MHST)

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