



Ealing mental health support autumn term workshops and newsletter

30 Sep 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 [autumn term workshops flyer](#) with their parents and school community.

The workshops will be held online using MS Teams.

Mental health autumn workshops

October 2025

- Supporting anxiety in adolescents (Part 1) - 1 October
- Introduction to OCD – 3 October
- Understanding behaviour for children with additional needs - 10 October
- Supporting appropriate use in technology (children) - 16 October
- Social Media & self-esteem – 22 October

November 2025

- Supporting anxiety in adolescents (Part 2) - 12 November
- Introduction to autism - 18 November
- Supporting friendship in children - 25 November

December 2025

- Teen low mood & Sleep - 1 December
- Adolescent exam stress - 8 December

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 for more information



Downloads

[Autumn MHST 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

Last updated: 30 Sep 2025