

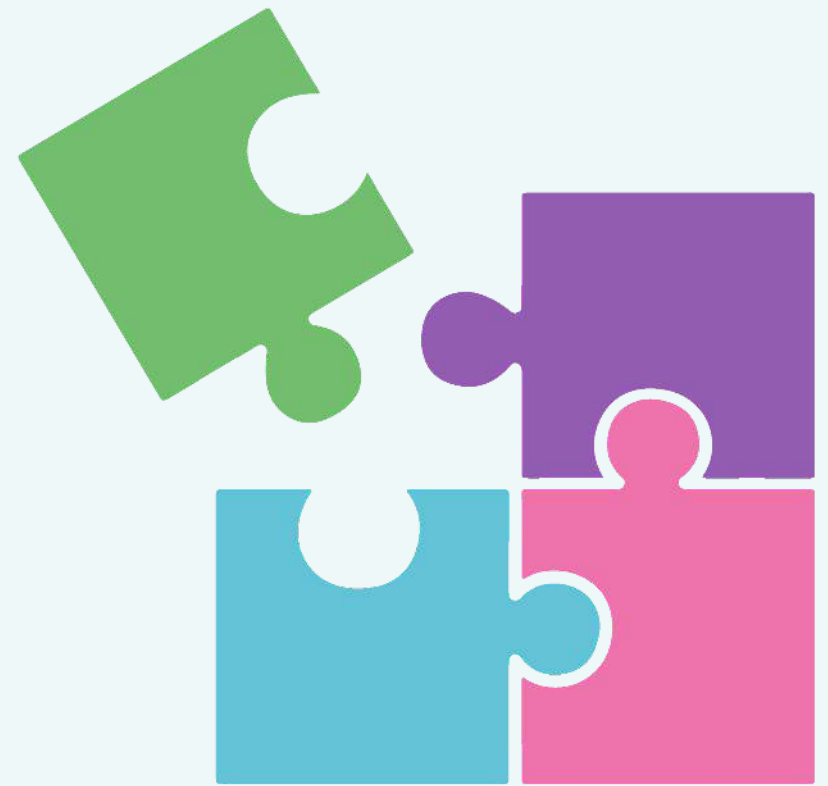
Low mood in adolescence

Schools and Colleges
Early Support Service

A partnership of



This webinar offers insight into spotting the signs and symptoms of low mood, understanding why young people are vulnerable to experiencing this and offering evidence-based strategies to supporting a young person.



Monday 20 November
12:15-13:15



[Click here](#) to
register

Anxiety in adolescence: how can parents help?

Schools and Colleges
Early Support Service

A partnership of



This webinar looks at when anxiety is normal vs. problematic, common anxieties during adolescence, the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.



Thursday 23 November
12:00-13:00



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Adolescent self-harm: how to make sense of it and when to seek support

Schools and Colleges
Early Support Service

A partnership of



Anna Freud



This webinar provides an overview of the risk factors and methods of self-harm. It explores the various reasons why young people may self-harm and offers ideas on how parents can talk to and support their young people. It will discuss instances of self-harmful behaviour that may require professional support.



Tuesday 7 November
17:00-18:15

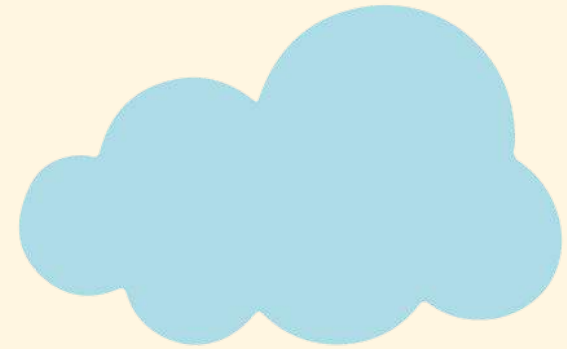


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Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Schools and Colleges
Early Support Service

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This webinar provides an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It offers ideas of how to support teenager and what is best to avoid. We discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support.

Tuesday 21 November
12:30-13:30



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Building resilience, staying connected and nurturing your relationship with your teen

Schools and Colleges
Early Support Service

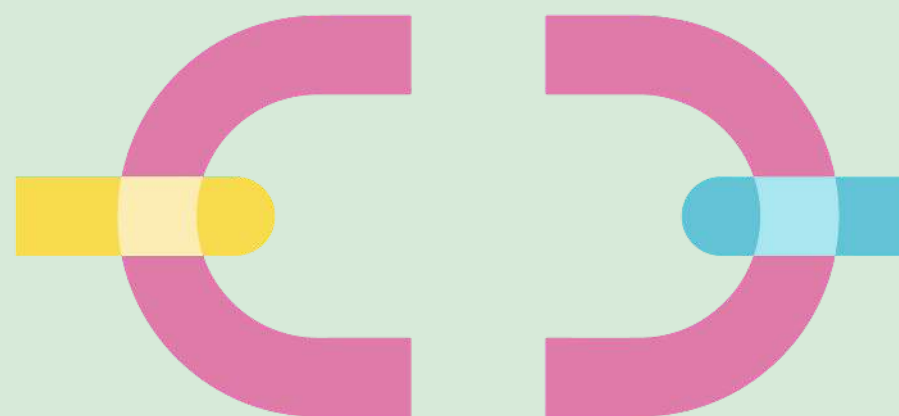
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Anna Freud



This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen.



Monday 13 November
17:00-18:00



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Managing teen behaviour that challenges: tips and tricks

Schools and Colleges
Early Support Service

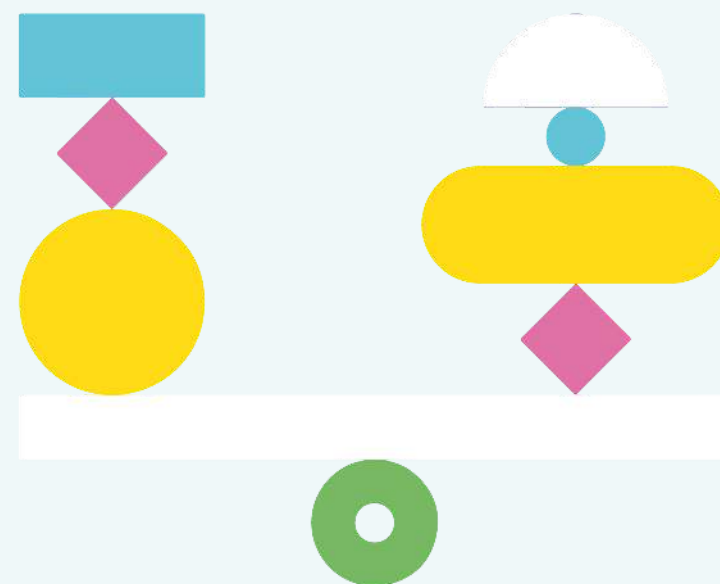
A partnership of



Anna Freud



This webinar provides an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offers tips for parents and carers on how to approach and discuss challenging behaviour with teens, and how to set boundaries.



Tuesday 14 November
12:30-13:30



[Click here](#) to
register