‘Helping teens with…’
Webinars for parents and carers 2026/27

Achieving for Children’s Mental Health Support Teams are delivering a series of webinars for parents of secondary-aged children. The **‘Helping teens with …’** series of webinars will cover a range of common difficulties experienced by young people, and will aim to share evidence-based strategies to help parents and carers support their children with these difficulties. Below is a list of webinars on offer over the coming months.

Helping teens with …	Overview of webinar	Morning 9am - 10am	Evening 6pm - 7pm
Worries and Anxiety	In this workshop you will learn to help your teen to deal with feelings of worry and anxiety. The workshop will give you practical ideas on how to support your child in anxious moments and over time, as well as approaches that could help them to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.	**Thursday 3rd December 2026**	**Wednesday 10th February 2027**
Digital wellbeing	In this webinar we discuss the positive and negative impact of the online world and gaming on a young person's mental wellbeing. We will share recommendations for navigating online life, how to have conversations with your teenager in a positive and effective manner and a simple and effective way to manage digital wellbeing.	**Tuesday 17th November 2026**	**Wednesday 17th March 2026**
Understanding Changes in the Adolescent Brain	Adolescence is a stage of significant brain changes. These changes are influenced by neurological and hormonal shifts which impact behaviour and emotions. This webinar explains how the adolescent brain differs from an adult brain and its effects on emotions, relationships, and behaviour. Parents/caregivers will gain insight into adolescent brain development and practical strategies for supporting young people to regulate their emotions and behaviour, along with ways to connect with them during this critical stage of development.	**Tuesday 8th December 2026**	**Wednesday 28th April 2027**
Exam anxiety	In this webinar you will learn about tools to help your child manage anxiety as they prepare for and sit their exams. We know that this can be a stressful time for young people, and although it is normal for young people to feel stressed or worried during this	**Friday 27th November 2026**	**Thursday 25th February 2027**

	period, we would like them to feel as equipped as possible for managing stress and worries. The exam anxiety webinar covers evidence-based strategies shaped by Cognitive Behavioural Therapy (CBT) for dealing with exam anxiety in the short and long-term.		
Friendship difficulties and bullying	In this webinar you will learn how to support your child to develop their friendship skills: learn to communicate better, repair difficulties, and negotiate solutions when relationships between peers are tricky. We will also explore how bullying can affect young people and share tips on how to support your teen with this.	**Friday 22nd January 2027**	**Thursday 19th November 2026**
Self esteem	In this webinar we will explore what self-esteem is, how low self-esteem can develop and be maintained, and will introduce some practical techniques on how to support your young person to improve their self-esteem.	**Wednesday 9th June 2027**	**Monday 19th January 2027**

*All Webinars are 60 minutes long, with 15 minutes at the end for questions and answers.

***Please have a pen and paper handy for the webinar**.

How to sign up:

Parents and carers can sign up to the webinars by scanning the QR code or using the link below:

MHST Workshop: Helping Teens with... - Achieving for Children - Section 1

You can choose the date you would like to attend, and will need to provide your email address, the school your child attends, and their year group.

Who to contact

If you have any questions,please contact your school's Mental Health Lead, who will direct queries to the allocated MHST practitioner.