

Supporting Young People's Mental Health Parent/Carer Workshops Spring Term 2026



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsft.uk/workshops>.



Supporting Your Child/Adolescent with Obsessive Compulsive Disorder (OCD)

This session covers: what OCD is, how it affects and impacts children and young people, how parents and carers can support their children/adolescents who might be struggling with OCD, and what further support is available. **Thursday 26th February 13:00 PM - [BOOK HERE](#)**

Parenting and Anxious Adolescent – Parts 1 and 2

For parents/carers of children and adolescents who are aged 12 and above. This is a two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people with anxiety.

Monday 16th March 10:00 AM - [BOOK HERE](#) (Please also book Part 1)

Monday 23rd March 10:00 AM - [BOOK HERE](#) (Please also book Part 2)

Understanding and Supporting Your Child with Emetophobia

This workshop for parents and carers will explore the topic of emetophobia, the fear of being sick or seeing others be sick. The impacts of emetophobia can vary greatly for one child to another. This session will cover what emetophobia is and how it might present in children and young people. It will then consider effective strategies you can use to support your child or young person that might be experiencing emetophobia. **Monday 23rd March 12:00 PM - [BOOK HERE](#)**

Understanding and Supporting Your Child with Tourette's symptoms/TICS

This workshop, delivered by clinicians experienced in working with children and young people with Tourette's/Tics Disorder, will provide information about Tourette's and Tics in children and young people, dispel some common myths and give guidance on how you can best support your child/teenager as they negotiate the highs and lows of life with tics.

Tuesday 24th March 12:00 PM - [BOOK HERE](#)