



A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team



Me & My Mind (Mental Health Support Teams)

Webinars for Parents and Carers January to July 2022

Who are we?

Me & My Mind are a team of Mental Health Practitioners who work in 54 schools across East Sussex. We provide 1:1 and group support for children and young people with low to moderate mental health difficulties. We also support schools to address the mental health and emotional wellbeing needs of their students and staff.

Many parents and carers have told us that they would like to know more about their children's mental health and how they can support them at home. We have now developed a range of short mental health themed webinars for parents and carers to help increase knowledge of children's mental health and build strategies to manage mental health difficulties at home.

Please note that all webinars will be via Microsoft Teams. You will need access to this on either a computer or mobile device. These webinars are suitable for anyone caring for a child aged 7 to 17.

Details of the webinars available and how to book are below:

Supporting Children and Young People with Phobias.

A phobia is an overwhelming and debilitating fear of an object, place, situation, feeling or animal. It can be hard to know how to help your child with phobias as their fear is very real for them.

- -Me & My Mind provides an online 1-hour workshop on understanding phobias and what they might look like for a child.
- -The workshop includes strategies to help Parents and Carers to manage phobias at home.
- -Including resources and activities ideas that you can do at home with your family.

Tuesday 5th July 2022, 1pm to 2pm

[Click here to book](#)



Supporting Children and Young People with Low Mood

For many children and young people, low mood and low self-esteem are closely connected, and low mood can impact on a person's sense of self and their self-esteem.

- Me & My Mind provides an online 1-hour workshop on understanding low mood and what it might look like for a child.
- The workshop includes strategies to help Parents and Carers to manage low mood at home.
- Including resources and activities ideas that you can do at home with your family

Thursday 5th May 2022, 10am to 11am

[Click here to book](#) or email us

Supporting Children and Young People with Anxiety

Anxiety is a normal and healthy human reaction. When anxiety is mild to moderate, it can often improve performance but sometimes anxiety can become a problem when it interferes with everyday life.

- Me & My Mind provides an online 1.5 hour workshop on understanding anxiety and what it might look like for a child (behaviours and physical signs).
- The workshop includes strategies to help Parents and Carers to manage anxiety at home.
- Including resources and activities ideas that you can do at home with your family.

Tuesday 22nd March 2022, 1:00pm to 2:30pm

[Click here to book](#) or email us

OR

Tuesday 7th June 2022, 1:00pm to 2:30pm

[Click here to book](#) or email us



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Understanding Children and Young Peoples Mental Health

We know that it is sometimes hard to know what to do when your child is experiencing difficulties and to recognise what is normal everyday behaviour for your child as part of growing up or the start of a mental health difficulty.

- Me & My Mind provides a 1-hour workshop on
- understanding mental health and what mental health difficulties might look like for a child.
- The workshop includes strategies to help Parents and Carers to manage mental health difficulties at home.
- Including resources and activities ideas that you can do at home with your family.

Tuesday 15th February 2022, 4pm to 5pm

[Click here to book](#) or email us

Supporting Children and Young People with Sleep and Healthy Eating

Sleep plays a central role in our learning, emotional regulation, behaviour, and how we interact with others – all of which might help to explain the vital role that sleep plays in our ability to interact and cope with the world around us.



- Me & My Mind provides an online 1-hour workshop on understanding sleep and what may cause sleeping difficulties.
- The workshop includes strategies to help Parents and Carers to promote good sleep habits at home.
- Including resources and activities ideas that you can do at home with your family

Monday 28th March 2022, 4pm to 5pm

[Click here to book](#) or email us

You can also book by emailing mhst.info@eastsussex.gov.uk or calling 01273 335585



Webinar Name	Date	Link for Booking	Poster
Supporting Children and Young People with Phobias	Tuesday 5 th July 2022, 1pm to 2pm	Click here to book	 Online Parent Phobias Workshop.pdf
Supporting Children and Young People with Low Mood	Thursday 5 th May 2022, 10am to 11am	Click here to book	 Online Parent Low Mood Workshop.pdf
Supporting Children and Young People with Anxiety	Tuesday 22 nd March 2022, 1:00pm to 2:30pm	Click here to book	 Online Parent Anxiety Workshop March 202
Supporting Children and Young People with Anxiety	Tuesday 7 th June 2022, 1:00pm to 2:30pm	Click here to book	 Online Parent Anxiety Workshop June 2022
Understanding Children and Young Peoples Mental Health	Tuesday 15 th February 2022, 4pm to 5pm	Click here to book	 Online Parent Recognising MH.pdf
Supporting Children and Young People with Sleep and Healthy Eating	Monday 28 th March 2022, 4pm to 5pm	Click here to book	 Online Parent Sleep Workshop.pdf