

Mental Health Support Team

Summer Webinars for Parents



During the Summer holidays, Chester and Winsford Mental Health Support Team will be offering various online information sessions for parents/carers. All webinars are suitable for parents/carers of primary or secondary school aged children. The purpose of these sessions is to provide parents/carers with knowledge, strategies, and resources to support their child. Unfortunately, during the webinars we will be unable to provide specific 1-1 advice for individual families. The 1-hour sessions will be held via Microsoft Teams. Details of the topic areas and dates are below.

Supporting your child with sleep

Wednesday 7th August
10:30am - 11:30am

Supporting your child with low mood

Wednesday 14th August
10:30am - 11:30am

Supporting your child with anxiety

Wednesday 21st August
10:30am - 11:30am

Supporting your child with Emotions and Coping skills

Wednesday 28th August
10:30am - 11:30am

Parents: How do I sign up?

If you would like to sign up to any of the above sessions, please email cwp.cheshiremhstreferrals@nhs.net with your name, your child's school, and the title and date of the session(s) you would like to attend.

Please write "CW MHST" in the subject line of your email. We will then confirm your place and you will be sent a Microsoft Teams link for the session(s). Please note that places will be allocated on a first come, first served basis.