

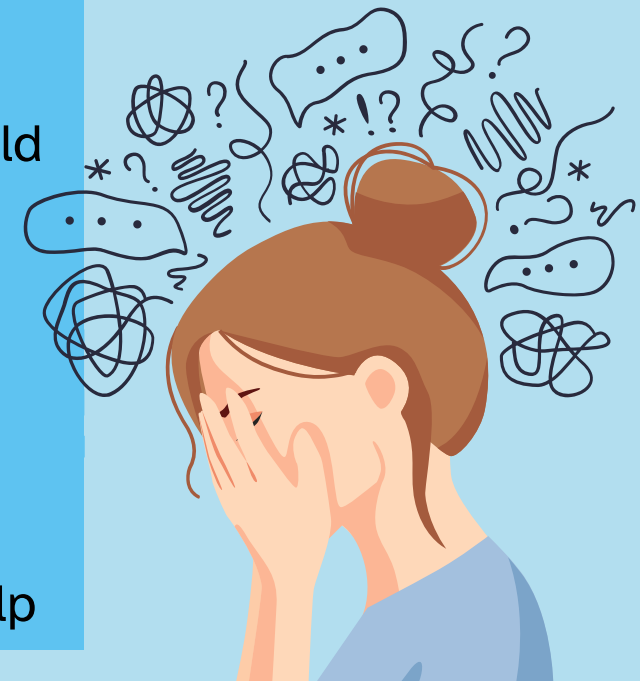
Education Wellbeing Service Webinar

Mental Health During the Teenage Years An introduction and Overview

A one-hour online webinar introducing and providing an overview of mental health and wellbeing in teenagers, with practical ideas for parents and carers.

The session will cover topics including:

- What is mental health and being a teenager in today's world
 - Supporting wellbeing during the teenage years – what research tells us
- Introducing a way of thinking about teenage wellbeing – the 'three areas' model
 - Responding to teenagers and communication tips
- Problem solving challenging situations and options for help



DATE / TIME

Monday 21st September
12.30-1.30pm



Scan the
QR code
or
[click here](#)

LOCATION

Online – Hosted on Teams

Sign up to either event
for free on Eventbrite
by scanning the QR Code.

You can also check out
our other events by
[clicking here](#)

wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Wednesday 30th September
7.00-8.00pm



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