

What is a Parent Psychoeducation Workshop?

Our parent psychoeducation workshop is a face to face workshop delivered over 3 weeks (4 weeks if necessary) by a mental health practitioner working within the mental health support team.

The workshop is delivered to groups of parents and is an opportunity to learn more about thoughts, feelings and behaviours of anxiety within children and young people and how best to support them with these difficulties.



CRISIS CONTACTS

Camhs.humber.nhs.uk

NHS Direct: 111

Emergency Services: 999

CAMHS Crisis Team (24/7):

01482 301701 (option 2)

If you feel you need further information, advice or guidance please visit the following websites:

Websites for more information:



<https://www.howareyoufeeling.org.uk/>

<https://www.mind.org.uk/>

<https://www.annafreud.org/on-my-mind/>

<https://www.mentalhealth.org.uk>



Parent Psychoeducation Workshop



The Mental Health Support Team working in partnership with Hull primary schools to support our children and young people's emotional and mental health

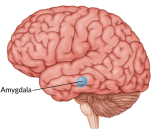


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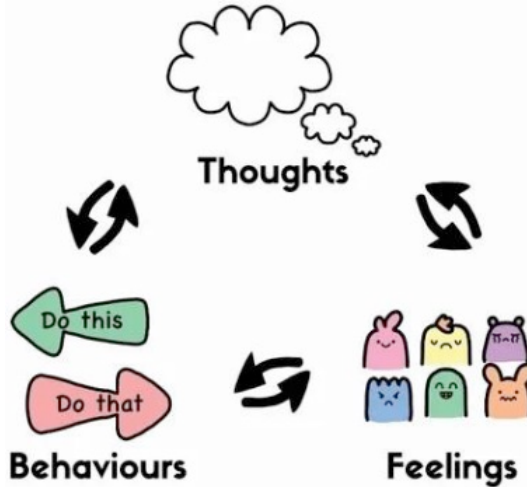
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Week 1

- What is anxiety, how does it develop and how can you recognise it?
- Understanding fight/flight/freeze response
- Physical symptoms of anxiety and what this may look like



Week 2



- Linking thoughts, feelings and behaviours together
- Recognising what keeps anxiety going.
- How to determine anxious thoughts
- How can be put fears to the test

Week 3

- What is worry?
- How to use worry time and problem solving
- Coping Skills



To register your interest in the parent psychoeducation workshop, please contact your school head.