



Free online webinar for parents and carers Monday 18 May | 4–5pm

Supporting your child's mental health

We're pleased to invite parents and carers from our primary and secondary schools to join a live online wellbeing webinar, hosted by the Anna Freud Centre, national leaders in children and young people's mental health.

What's the session about?

Led by expert trainers, this practical and informative session will explore:

- How to support your child's mental health and emotional wellbeing
- Understanding and responding to anxiety
- Helpful strategies you can use at home
- Answers to questions that matter most to parents and carers

You'll also have the chance to submit questions in advance for the panel to address during the session.

Sign up in advance | shorturl.at/b4MVp

Who are the Anna Freud Centre?

A leading national organisation in child mental health and have worked closely with United Learning schools for many years.