

Mental Health Training

for parents and carers.



Hull and East Yorkshire Mind are proud to be working alongside HeadStart Hull to offer free mental health training to parents and carers. The training is designed to give you the tools and techniques to help support children and young people with their mental health, and better look after yours.

Some of the sessions include:

- Creating an effective home / school balance
- Having a conversation about mental health
- Supporting your own mental health and wellbeing

Sessions will be held over Zoom at the times and dates indicated.

To register please
contact headstarthull@hullcc.gov.uk



Hull and East
Yorkshire



Creating an effective home / school balance

4th February 2021 (1:30pm - 3:30pm)

Aimed at parents and carers who are having to juggle home schooling around isolation, working from home and other caring responsibilities. It will cover things like goal setting, 5 ways to wellbeing and conflict resolution.

Having a conversation about mental health

11th February 2021 (4:30pm - 6:30pm)

Aimed at anyone supporting young people and includes things like how to improve active listening skills and understanding the importance of boundaries.

Supporting your own mental health and wellbeing

26th February 2021 (4:30pm - 6:30pm)

Aimed at all adults who are supporting young people to improve their own wellbeing by introducing the 5 Ways to Wellbeing, importance of sleep, diet, exercise, introduce Wellness Action Planning as a tool.

Sessions will be held over Zoom at the times and dates indicated.

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