



Mental Health
Support Team
Buckinghamshire



FREE

**FOR PARENTS
AND CARERS**

LIVE WEBINARS

CHILDREN'S MENTAL HEALTH



**DATES:
JAN – APRIL
2026**



**TIME:
6PM – 7.30PM**

To register, scan the QR codes on the next page!



01865 901566



bucksmhst@oxfordhealth.nhs.uk

*PLEASE NOTE: YOUR CHILD MUST ATTEND AN MHST SCHOOL FOR ACCESS TO THE WEBINARS. IF YOU ARE UNSURE, PLEASE CONTACT US.

SCAN THE QR CODE TO SECURE YOUR PLACE:

Topic	Date	Link	QR code
Exam Stress	Monday 12th of January 2026	<u>Microsoft Virtual Events Powered by Teams</u>	
Awareness and understanding of eating disorders	Monday the 26th of January 2026	<u>Microsoft Virtual Events Powered by Teams</u>	
Understanding childhood development and behaviour	Tuesday the 10th of February 2026	<u>Microsoft Virtual Events Powered by Teams</u>	
Understanding low mood	Monday the 9th of March 2026	<u>Microsoft Virtual Events Powered by Teams</u>	
Understanding adolescent development and behaviour	Monday the 20th of April 2026	<u>Microsoft Virtual Events Powered by Teams</u>	