

# East Herts Mental Health Support Team



Online Delivery Programme



Parents & Carers of  
Children Aged 4 - 11



Supporting  
Families,  
Building  
Resilience

Scan  
to book  
your place



## Group Work



Helping your child with  
fears & worries



Behaviours  
that challenge



Helping your neurodiverse  
child with fears and worries



## Workshops



Anxiety



Low Mood



Understanding behaviour



Moving on



Supporting your child with  
self harming behaviour



Anxiety or neurodiversity?



- 1 Open your phone camera
- 2 Scan the QR code
- 3 Follow the link to book your place



[Click here to book!](#)

**Our Values** 



Welcoming



Kind



Positive



Respectful



Professional



[www.hert.nhs.uk](http://www.hert.nhs.uk)

**Our Values** 

Welcoming Kind Positive Respectful Professional



Hertfordshire Partnership **NHS**  
University NHS Foundation Trust

Working together for a healthier, happier future

Quick,  
easy and  
secure booking!

# East Herts Mental Health Support Team



School Delivery Programme



Education  
Staff



Workshops

Please note: Only one workshop  
is delivered online (see below).



Supporting students  
with transition



In person



Looking after your  
own wellbeing



In person



Supporting students with  
self harming behaviours



Online



[Click here to book!](#)

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Respectful



Professional



[www.hpft.nhs.uk](http://www.hpft.nhs.uk)

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# East Herts Mental Health Support Team



Online Delivery Programme



Young People  
Aged 11 – 19



Your  
Mental Health  
Matters

Scan  
to book  
your place



## Group Work



Anxiety



Mind & Mood



Body Project



How to Manage OCD



## Workshops



Anxiety



Low Mood



Exam Stress



Sleep



Growth mindset & resilience



Body image



Control your scroll



New Beginnings



Riding the wave of emotion



- 1 Open your phone camera
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- 3 Follow the link to book your place

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