

# Mental Health Support Team (MHST)

## Self Harm Awareness Webinar for Parents and Carers (Secondary age)

This one and a half hour webinar is an information session for parents to learn more about self-harm, the signs to look out for, and helpful strategies to use in supporting your children. This session is also pre-recorded on our website and is suitable for parents and carers, [click here to access the pre recorded video](#).

### Self Harm Awareness Workshop

25th February 2025  
at 6-7.30pm



Parents can join via Web using [this link: https://www.microsoft.com/en-gb/microsoft-teams/join-a-meeting](https://www.microsoft.com/en-gb/microsoft-teams/join-a-meeting) by inputting the Meeting ID and Passcodes from the poster, or by scanning the QR code below. Please note, parents won't be able to join until the day.



Meeting ID: 312 216 943 89  
Passcode: s2LQ3z