

19 January 2024

Dear partner,

We would appreciate your support in helping to promote a programme of webinar, organised by Sussex Partnership NHS Foundation Trust, which are open to all parents and carers of young people in Sussex.

The mental health workshops, all led by experienced CAMHS clinicians or partner organisations will take place virtually between October 2023 and July 2024. Each webinar will be available at two different times, once during the day (10am) and once in the evening (7pm) to make it as easy as possible for people to attend, depending on their lifestyle.

The following topics for the workshops have been confirmed for February to July 2024:

22 nd February 2024	Avoidant/Restrictive Food Intake Disorder (ARFID)
26 th March 2024	Managing Challenging Behaviour
16 th April 2024	Bereavement
15 th May 2024	Supporting Primary to Secondary School Transition
13 th June 2024	Support for Kinship Carers
TBC July 2024	Cyber Safety

Parents and carers will be able to choose to attend as many or as few as they think are appropriate for them to attend, with recordings of all webinars being made available afterwards. All previous webinars that have been delivered are available to watch back here - [Workshops for parents and carers :: Sussex Partnership NHS Foundation Trust \(sussexcamhs.nhs.uk\)](https://www.sussexcamhs.nhs.uk/workshops-for-parents-and-carers) and cover ADHD, Anxiety, Autism & Challenging Behaviour, Building Self-Esteem & Resilience, Depression, Eating Disorders, Managing Self Harm & Suicidal Thoughts, and Sleep.

The sessions last for 90-120 minutes with the opportunity to ask any questions to CAMHS clinicians. Due to anticipated high numbers of attendees, any questions will need to be sent in advance.

To book a ticket, please go to our Ticketlab page: [Sussex CAMHS Parent/Carer Webinars | TICKETLAB](#)

Contact Sussex CAMHS Participation Team (CAMHSParticipationTeam@spft.nhs.uk) with any questions.

Yours sincerely

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