

**Cornwall MHST's
next round of
parent/carer
workshops will be
running in
September 2025.**



Mental Health Support Team

Topics will include:

- **Behaviour**

Strategies for fostering positive behaviour and communication at home.

- **Worry**

Includes practical strategies for helping children manage their worries.

- **Resilience**

Discuss the meaning of resilience, ways to build it, and when young people should seek help.

- **Sleep**

Sleep hygiene and routines, along with practical strategies for assisting children.

Please note: children must be in reception to year 7