



14th April 2026

SMJ/tmi

Dear Parents/Carers,

Re: MHST Parent Workshops

The MHST have developed a series of workshops for staff, parents/carers of primary and secondary aged children and young people and teenagers aged 16-18 years.

These workshops include understanding emotional based school avoidance (EBSA), supporting students with anxiety in school/college, working with self-harm and understanding autism plus many more.

Please see the following link for further information and how to book on to the workshops.
<https://www.eventbrite.com/o/mhst-team-55732524763?msocid=14f764500f38653016b9722f0ee3646d>

These events are also advertised on Instagram so to ensure you are up to date with the latest advice and events, follow [@EssexMHST_and_SETcamhs](https://www.instagram.com/EssexMHST_and_SETcamhs).

You'll also find helpful evidence-based strategies, practical techniques, and supportive resources on our social media to guide both you and your young person.

Yours faithfully

Sarah Jackson

Mental Health Lead