NHS
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Buckinghamshire



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FOR PARENTS
AND CARERS

# LIVE WEBINARS

## CHILDREN'S MENTAL HEALTH

**DATES:**
**JAN– APRIL 2027**

**TIME:**
**6PM – 7.30PM**

**To register, scan the QR codes on the next page!**

01865 901566

bucksmhst@oxfordhealth.nhs.uk

*PLEASE NOTE: YOUR CHILD MUST ATTEND AN MHST SCHOOL FOR ACCESS TO THE WEBINARS. IF YOU ARE UNSURE, PLEASE CONTACT US.

# SCAN THE QR CODE TO SECURE YOUR PLACE:

| Topic | Date | Link | QR code |
|---|---|---|---|
| Supporting and Managing Exam Stress | Monday 18th January 2027 18:00–19:30 | https://events.teams.microsoft.com/event/ae6e2447-4129-42db-8a6e-69f99e65ec2f@759ac89b-2aa4-4973-b048-e6903b46a8b6?source=copyLinkLegacyShareLinkDialog | |
| Awareness and Understanding of Eating Disorders | Wednesday 24th February 2027 18:00–19:30 | https://events.teams.microsoft.com/event/feb5fec9-89a0-4d8a-b0b3-fa5328c6df43@759ac89b-2aa4-4973-b048-e6903b46a8b6?source=copyLinkLegacyShareLinkDialog | |
| Understanding and Supporting Low Mood | Monday 12th April 2027 18:00–19:30 | https://events.teams.microsoft.com/event/ad704aa6-94f5-44c6-ad80-2fdf8ca0eab7@759ac89b-2aa4-4973-b048-e6903b46a8b6?source=copyLinkLegacyShareLinkDialog | |