



Psychological Perspectives in Education and Primary Care (PPEPCare) for Parents and Carers - Spring/Summer 2025

These are education sessions that last 1.5 hours and are delivered to Parents and Carers across Hampshire online via Zoom. No sign up is required, simply join the link at the time of delivery, and type in the meeting ID and Passcode listed. *For confidentiality reasons, please only type your first name when joining.*

Module	Date/Time/Zoom link
Behavioural Difficulties (For primary school parents and carers)	Monday 20 th January 2025 12.00-1.30pm https://eu01web.zoom.us/j/61776914152?pwd=MizoQrLab6vgrXcecMCMTkrvi0ceKq.1 Meeting ID: 617 7691 4152 Passcode: 650772
NOW: Having difficult conversations	Monday 24 th February 2025 12.00-.1.30pm https://eu01web.zoom.us/j/64372922886?pwd=akh8EAtH3lqglVBV7A76Jt7qHpLB31.1 Meeting ID: 643 7292 2886 Passcode: 797244
Childhood Anxiety	Monday 10 th March 2025 12.00-1.30pm https://eu01web.zoom.us/j/64171420299?pwd=fuR7UfuxshO3AKbgNaK7YeDI3aX2Ug.1 Meeting ID: 641 7142 0299 Passcode: 850217
Autism and Mental Health	Monday 17 th March 2025 12.00-1.30pm https://eu01web.zoom.us/j/69832634319?pwd=5j3FsBLoHGvW72SzMt4GEPaI3bFrly.1 Meeting ID: 698 3263 4319 Passcode: 786520

Module	Date/Time/Zoom link
Low Mood	<p>Monday 28th April 2025</p> <p>12.00-1.30pm</p> <p>https://eu01web.zoom.us/j/62973973486?pwd=34sB1k7HYA6xcJoiGdPavcB4aWPjn5.1</p> <p>Meeting ID: 629 7397 3486</p> <p>Passcode: 020088</p>
Self-Harm	<p>Monday 12th May 2025</p> <p>12.00-1.30pm</p> <p>https://eu01web.zoom.us/j/65548397146?pwd=kOxXWPUeErBJTOJA8fk8DOPFBXUDzU.1</p> <p>Meeting ID: 655 4839 7146</p> <p>Passcode: 818718</p>
Back to Basics – supporting family wellbeing	<p>Monday 2nd June 2025</p> <p>12.00-1.30pm</p> <p>https://eu01web.zoom.us/j/65212484219?pwd=a288enE94paXbZrijfXpZrKiLHffdg.1</p> <p>Meeting ID: 652 1248 4219</p> <p>Passcode: 980819</p>

Autism and Mental Health

The relationship between autism and mental health. Exploring the way in which mental health issues present in children and young people with autism, with a focus on anxiety, depression and OCD. It includes ways to support young people and their families with autism and mental health difficulties such as CBT strategies and different techniques to manage and regulate emotions.

Behavioural Difficulties: Supporting children and their parents via parenting intervention

Conduct disorder and challenging behaviours and why it is important to offer support. Providing an overview of the key principles and components of a parenting programme and how this option might be introduced to parents.

NOW Having Difficult conversations

How to recognize distress, how it may present in young people and how to respond in the moment. Develop an understanding of the changes to teenage brains and how this impacts them. Identify the barriers to effective communication and develop relevant skills to effectively communicate with distressed young people. Learn about a structure known as 'NOW' to facilitate helpful and constructive conversations with children and young people

Childhood Anxiety

Managing anxiety in children under 12. Highlighting when anxiety might be a problem (as opposed to a 'normal' developmental phase), different anxiety disorders and how these can be recognised and discussed. Exploring why treatment is important and a detailed overview of a Cognitive Behaviour Therapy approach aimed at parents. Key strategies to use within professional roles are highlighted, and the role of parental/adult behaviour (how they respond to the child's anxiety) is explored

Self harm

What self-harm is and how it might present. Exploring why young people might self-harm and challenging commonly held assumptions. Guidance on how to talk to young people who may be self-harming, confidentiality, dealing with your own feelings and supporting young people with alternative strategies.

Low Mood

What depression is, how it may present in young people, and how it may differ from 'normal' adolescent mood difficulties. How low mood and depression may be maintained and useful techniques (specifically behavioural activation) that can be used to break the maintenance cycles.

Overview of MH difficulties

A brief introduction to the mental health issues often seen by professionals in front line work with children and young people. It highlights risk issues and local and national resources. This is primarily an information giving session designed to help staff identify mental health issues and offer appropriate help for children, young people and their families and identify further training needs.

Adolescent Anxiety

The presentation of anxiety in adolescence and how to talk with young people about it. Exploring the difference between appropriate levels of anxiety and when additional help might be needed. Looking at what might keep anxiety going and an overview of Cognitive Behavioural Therapy (an evidence-based treatment for anxiety) and useful techniques for your setting.