

Dear Parents/Carers

The NHS Grampian CAMHS Early Intervention team have developed a series of webinars to support parents to support themselves and their children during a time when we know anxiety is likely to be increased. Please click on the following link to access these

webinars <https://www.youtube.com/channel/UCID3OzHwIngMuHVcoQXZvYQ>



## CAMHS Grampian

We are CAMHS Grampian - a mental health service for under 18's based in Aberdeen and Moray. We use this channel to upload some of our training and resources.

Website: [www.CAMHSGrampian.org](http://www.CAMHSGrampian.org) Podcast: [www.CAMHSGrampian.org/podcast](http://www.CAMHSGrampian.org/podcast)  
[www.youtube.com](https://www.youtube.com)

The webinar topics include:

Episode1: Welcome and meet the team

Episode2: Body tools for anxiety

Episode3: Thinking tools for anxiety

Episode4: Managing anxious behaviours

Episode5: Talking to your child about anxiety

Episode6: Understanding the adolescent brain and impact on teen mental health during the Covid-19 lockdown

Episode7: Looking after your mental health and wellbeing

Episode8: Resources you may find helpful

Episode9: Supporting your child on the return to school following lockdown

We welcome any feedback you have in regards to the webinars or any suggestions you have in regards to further webinars you would like to see.

Best wishes,

The Early Intervention Team