

PPEP care training Autumn 2023

Delivered by Hampshire MHSTs



December

NOW: Having constructive conversations with distressed young people

How to recognise 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.

When? Thursday 14th December 5.30-7.30pm

Where? Online via Zoom (please find link below)

Who? Parents and carers

<https://spft-nhs-uk.zoom.us/j/96092040252?pwd=akRmTjhhYlBPQ3Q4YotpNzNSem14QT09>

Meeting ID: 960 9204 0252

Passcode: 886492

To access the meeting, please click on the above link. When directed to, type in the meeting ID and Passcode, as well as your first name.

**MENTAL HEALTH
SUPPORT TEAMS**