

RE: Additional support for parents

In response to the COVID-19 pandemic NHS IAPT services across Hertfordshire and North Essex have developed a series of webinars to support residents with common mental health issues. A webinar specially aimed at supporting parents of school age children is available for free on our dedicated YouTube channel.



Our IAPT services offer free and confidential talking therapy and practical support for residents in Hertfordshire and North Essex experiencing a wide range of mental health problems such as worry, low mood and stress. We are part of the Hertfordshire Partnership NHS Foundation Trust (HPFT).

'Finding a balance: Support for Parents of School Age Children' webinar provides parents with some top tips to look after their own wellbeing while schools continue to be closed, start to partially open and as the summer holidays begin. The webinar has been developed by our trained therapists and is available to local residents for free.

Our webinars are easily accessible via our website and dedicated YouTube channel and can be accessed at a time most convenient to the parents. We are encouraging local schools to share this valuable resource with parents in any regular communication including social media, website, newsletter or email.

In addition to our webinar offering we also have a range of innovative digital, video and telephone based talking therapies which can be accessed remotely. Those seeking additional support after accessing our webinars can self-refer online.

Finding a balance: Support for Parents of School Age Children - [Click here for more information](#)

More information about our webinar series is available on our website – [Click here for more information](#)

More information about our service and access to additional self-help materials – [Click here for more information](#)