

# Mental Health Support Team (MHST)

## Understanding Your Teen Webinar for Parents and Carers (Secondary age)

This 1.5-hour webinar will help you navigate the challenges you face as a parent of a teenager, and help you realise that you are not alone! This webinar will give you information, advice and reassurance around teenage psychological development, risk taking with teenagers, communication and brain changes.

Understanding Your  
Teen Webinar  
Wednesday 19<sup>th</sup>  
November 2025  
6-7:30pm



Parents can join via Web using this link:  
<https://www.microsoft.com/en-gb/microsoft-teams/join-a-meeting>  
by inputting the Meeting ID and Passcodes from the poster, or by scanning the QR code below. Please note, parents won't be able to join until the day.



Meeting ID: 350 471 327 514 6  
Passcode: Nd7Ym2bj