



Tees, Esk and Wear Valleys  
NHS Foundation Trust

# Parent ADHD Session

**A Wellbeing in Mind Team & CAMHS  
webinar to provide information,  
resources, practical ideas, and  
strategies to support  
children & young people with ADHD**

**Date and Time**

**Tuesday 22<sup>nd</sup> October at 5.30 – 6.30 pm**

**To Join the Meeting  
Click on the LINK below  
Microsoft Teams**

**[Join the meeting now](#)**

**Meeting ID: 357 929 456 384**

**Passcode: TsDvW4**

**[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_N2YzNGQ1N2MtNDY5Mi00MDJILWE5NDItY2M4NWQ3ZTgyMWY0%40thread.v2/0?content=%7b%22id%22%3a%2237c354b2-85b0-47f5-b222-](https://teams.microsoft.com/l/meetup-join/19%3ameeting_N2YzNGQ1N2MtNDY5Mi00MDJILWE5NDItY2M4NWQ3ZTgyMWY0%40thread.v2/0?content=%7b%22id%22%3a%2237c354b2-85b0-47f5-b222-)**

*Wellbeing in Mind Team – Team of NHS staff working with schools to provide advice, support, and training on wellbeing issues, as well as forming a link between school and other services supporting young people. This work includes direct support for young people experiencing mild to moderate mental health, such as anxiety and low mood, support to utilise online resources and develop skills, as well as classroom-based educational sessions in conjunction with the school's pastoral team to improve knowledge and understanding about wellbeing.*