

Neart

Supporting mental health in post-primary schools

JIGSAW
Young people's
health in mind



An Roinn Oideachais
agus Óige
Department of Education
and Youth

Information Pack for Post-Primary Schools

Neart Programme Areas

September 2026 - June 2027



Welcome to Neart -

Jigsaw's mental health supports for post-primary schools

Jigsaw, in partnership with the National Educational Psychological Service (NEPS)/ Department of Education & Youth, provides a comprehensive suite of mental health and wellbeing resources, training and programmes for post-primary schools. Neart supports schools to provide learning opportunities for students to promote mental health and wellbeing, as well as mental health webinars and eLearning courses for school staff, Student Support Teams and parents / guardians. Our work complements the supports already available in schools which include the provision of guidance counselling, the work of NEPS, as well as the SPHE curriculum and other existing wellbeing programmes and initiatives, including the Student Support Team structure.

The Neart programme of supports offers schools a free, flexible, multi-component approach to participate in a wide range of training courses, eLearning, webinars, masterclasses and seminars, in response to the school's needs. To best avail of the supports available through Neart, it is recommended by NEPS that your school's Student Support Team implements the guidelines for Student Support Teams ([gov.ie - National Educational Psychological Service \(NEPS\) resources and publications](https://www.gov.ie/en/publications-and-resources/publication/national-educational-psychological-service-neps-resources-and-publications/)) and/or has availed of the training available from NEPS. Please contact your NEPS Psychologist or local NEPS office for further information.

It is also recommended that your school has initiated a wellbeing promotion review and development cycle using School Self Evaluation (SSE). See [gov.ie - Wellbeing in education](https://www.gov.ie/en/publications-and-resources/publication/wellbeing-in-education/) for further information as well as videos on Reflections of Using the School Self Evaluation (SSE) Process to Initiate a Wellbeing Promotion Review and Development Cycle from schools showcasing best practice [gov - Reflections of Using the School Self Evaluation \(SSE\) Process to Initiate a Wellbeing Promotion Review and Development Cycle \(www.gov.ie\)](https://www.gov.ie/en/publications-and-resources/publication/reflections-of-using-the-school-self-evaluation-sse-process-to-initiate-a-wellbeing-promotion-review-and-development-cycle/).



Supports and resources for **all school staff** are relevant for those who have subject-teaching responsibilities, and also for those who have additional responsibilities outside of the classroom, for example, chaplains, HSCL, behaviour support teachers, wellbeing coordinators, Year Heads, SEN / AEN teachers, SEN / AEN leads, guidance counsellors, and the senior leadership team. All school staff also refers to non-teaching staff such as SNA / ANA's, SCP staff, clerical officers, caretaking and maintenance staff, cleaners, caterers, librarians and other ancillary staff that support the work of the school.

Supports for **students** are provided through teacher training for school staff with specific teaching responsibilities for SPHE and wellbeing. Neart provides a number of classroom-based programmes which teachers can deliver to students following self-directed and online training. These classroom-based programmes will, in turn, provide learning opportunities for students that promote mental health and wellbeing.

Supports and training for **Student Support Teams** will enhance their knowledge and skills and build their capacity to promote and support mental health and wellbeing across the whole school community.

Supports for **parents/guardians** includes a podcast series as well as a live webinar series. This year, schools will also be provided with an Interactive Toolkit (Padlet) to support them to strengthen home-school partnerships for wellbeing, enhancing parent/guardian engagement with schools.

This document provides an overview of all programme areas available to schools for the 2026-2027 academic year.



Neart Programme Areas | 2026-2027

Approach to delivery – what to expect

Neart uses several different modes of delivery to provide supports, resources and capacity-building to schools as follows:

Delivery mode	Description - what school staff should expect
Live webinars	Live webinars are hosted on Zoom Webinar and are usually 1 hour in duration. They involve presentation of evidence-based information on the topic in question, delivered by one or more presenters. Some information may be presented using a 'fireside chat' methodology whereby presenters engage in a conversational approach to impart the subject matter content. Participants are not required to interact with each other but may ask questions in the Q&A function, which will be responded to by the presenters at the end of the webinar. In cases where there is not sufficient time for presenters to answer all questions, written responses to remaining questions will be circulated to all participants with the recording / slides.
Masterclass webinars	Masterclass webinars are used to provide more in-depth information specifically tailored for Student Support Teams (SSTs). They provide specialised learning experiences designed to provide participants with in-depth knowledge, practical skills and unique insights into a chosen subject. These are also hosted on Zoom Webinar and are usually 1.5 hours in duration. Participants are not required to interact with each other but may ask questions in the Q&A function, which will be responded to by the presenters at the end of the webinar. All previous Masterclass recordings are available to SST members who register for Neart.
Self-directed eLearning courses	Self-directed eLearning courses require individual school staff to take responsibility for their own learning process. All Neart eLearning courses are usually between 40mins and 1 hour in duration and are accessible via the Neart eLearning portal. Participants can 'pick up and leave off' at any point during their self-directed journey through a course. Participants must complete the full course and a short post-course evaluation form in order to qualify for a Certificate of Completion. Short eLearning courses are also used to provide teachers with access to guidance handbooks and online resources needed to deliver the various Neart classroom-based sessions and programmes to students. These are available on the Neart eLearning Portal.
In-person Regional Conferences	In-person Regional Conferences are day long, capacity-building events specifically for Student Support Team (SST) members. These Conferences are organised regionally and require in-person attendance from representatives of SSTs from participating schools. Attendance at Conferences will require attending SST members to have previously completed topic-specific masterclass webinars and/or specific eLearning. Regional Conferences are designed to be highly interactive and participative and include shared learning and reflective practice.
Interactive Toolkits (Padlets)	Interactive toolkits (Padlets) are digital resources which provide evidence-based information for school staff. They include trusted, evidence-informed articles, videos, animations, factsheets, case studies, and strategies to encourage and inform good practice in relation to mental health and wellbeing in schools.
Online interactive workshops	These are online workshops, approx. 1hr – 1.5 hours duration, hosted on Zoom, used for the purposes of upskilling and building the knowledge and capacity of school staff in key areas of mental health and wellbeing. They require interaction and participation in breakout rooms and often through the use of interactive online tools e.g. mentimeter, slido, etc.
Drop-in interactive online sessions	These are short, interactive online sessions where participants 'drop-in' if/when they wish to get questions answered, troubleshoot challenges and share ideas and tips on a specific theme – led by a facilitator who can answer questions and provide advice e.g. on the implementation of classroom-based programmes (e.g. Peer Education, Innovate for Wellbeing).
Podcasts	A digital audio series, which can be streamed or downloaded from various podcast providers including Acast and Apple Podcast. The Neart Youth Mental Health Podcast series offers themed episodes, including input from Neart staff, other professionals, young people and parents.

For the attention of school leaders

This Information Pack provides an overview of all Neart Programme Areas available to post-primary schools for the 2026-2027 academic year.

To best avail of the supports available through Neart, it is recommended by NEPS that your school's Student Support Team implements the guidelines for Student Support Teams ([gov.ie - National Educational Psychological Service \(NEPS\) resources and publications](https://www.gov.ie/national-educational-psychological-service-neps-resources-and-publications)) regularly reviews how the team operates and/or has availed of the training available from NEPS. Please contact your NEPS Psychologist or local NEPS office for further information, or monitor your local education centre website for details of upcoming trainings.

It is also recommended that your school has initiated a wellbeing promotion review and development cycle using School Self Evaluation (SSE) See [gov.ie - Wellbeing in education](https://www.gov.ie/wellbeing-in-education) for further information as well as videos on Reflections of Using the School Self Evaluation (SSE) Process to Initiate a Wellbeing Promotion Review and Development Cycle from schools showcasing best practice [gov - Reflections of Using the School Self Evaluation \(SSE\) Process to Initiate a Wellbeing Promotion Review and Development Cycle \(www.gov.ie\)](https://www.gov.ie/reflections-of-using-the-school-self-evaluation-sse-process-to-initiate-a-wellbeing-promotion-review-and-development-cycle).

How to register your interest in Neart: If you or your school staff have not already registered for Neart, please [Sign up here](#) to receive our monthly Newsletter which provides information on Neart programme components as they become available. This enables you and your staff to be fully up to date on all the mental health and wellbeing supports and resources your school can avail of throughout the academic year.

Please also pass on this sign-up link [Sign up here](#) to parents / guardians in your school community to register for Neart. Our Parent Recruitment Pack includes social media posts, Powerpoint slides and other materials for schools to promote Neart to parents/guardians. You can download the pack here: [Parent Recruitment Pack](#)



Webinars for school leadership team

Aim: To provide school leadership teams with information about how Neart can support the mental health and wellbeing of the whole school community and to provide supports for school leaders themselves to lead a whole-school approach to mental health and wellbeing.

Programme area	Description/approach	Learning outcomes	Available from
Leading the Neart Wellbeing Award in Your School	This 1-hour webinar is open to school leadership team members and Neart Wellbeing Award Champions. It features important updates on the Neart Wellbeing Award. The main focus is a panel discussion featuring school leadership team members and students from a Wellbeing Award school sharing their reflections on their journey and practical tips for making the Award achievable in your school.	School leadership teams will: - Understand all updates regarding key dates and supports for 2026-27 - Have the opportunity to use the successful strategies and practical advice of past recipients to build motivation for pursuing the award over the next year.	September '26
Self-Compassion for School Leadership Teams	A 1-hour webinar for school leadership teams exploring the importance of self-compassion within leadership roles	School leadership teams will: - Explore concepts of self-compassion, based on the work of Kristen Neff and Paul Gilbert, with a particular focus on the importance of self-compassion for leadership roles. - Have the opportunity to experience self-compassion exercises. - Consider the development of their own self-compassion toolbox.	January '27



Classroom-based programmes for *students*

Aim: To provide teachers with the training and resources to deliver classroom-based programmes which promote mental health and wellbeing of students.

Programme area	Description/approach	Learning outcomes	Available from
Let's Talk Sure Why Not?	4 teacher-led classroom-based sessions for junior cycle students to promote and support student mental health and wellbeing. Teachers complete a short self-directed eLearning course to access the Teacher Guidance Handbook & classroom materials.	Students will: • Develop their understanding of mental health and wellbeing • Learn strategies to mind their own mental health • Explore how and where to seek help if/when they need to.	Available now on the Neart eLearning Portal
Managing Exam Stress	4 teacher-led classroom-based sessions for junior or senior cycle students to help them to understand and develop strategies to manage exam stress. Teachers complete a short self-directed eLearning course to access the Teacher Guidance Handbook & classroom materials.	Students will: • Explore the nature of stress as a normal human experience • Consider the importance of balancing their stress levels during exam time • Develop strategies for managing their stress levels before and during exam time • Explore a range of case scenarios relating to managing exam stress, particularly at junior cycle • Be aware of help-seeking options if exam stress starts to become unmanageable.	Available now on the Neart eLearning Portal
One Good Friend	4 teacher-led classroom-based sessions which provide senior cycle students with the opportunity to develop their knowledge, confidence and skills in supporting a friend's mental health and wellbeing. Teachers complete a 1-hour self-directed eLearning course to access the classroom materials.	Students will: • Increase their mental health literacy • Increase their feelings of confidence in initiating support for a friend's mental health • Develop their knowledge, understanding and skills to best respond to and support a friend's needs • Increase their understanding of boundaries and the importance of looking after their own mental health if/when supporting a friend.	Available now on the Neart eLearning Portal

Classroom-based programmes for *Transition Year* students

Aim: To provide teachers with the training and resources to deliver longer and more in-depth classroom-based programmes which promote mental health and wellbeing to transition year students, with a particular emphasis on engaging student voice.

Programme area	Description/approach	Learning outcomes	Available from
Take Action! Programme in collaboration with Gaisce	A 13-week, teacher-led Gaisce programme for Transition Year students, delivered in the classroom, to increase understanding about mental health, build mental health literacy and skills support students to promote mental health within their school community. Teachers complete a 1-hour self-directed eLearning course to access the classroom materials.	Students will: - Have a greater understanding of mental health and wellbeing, including developing mental health literacy, exploring what can hurt and help their mental health, and how to seek help for their mental health. - Develop skills associated with maintaining good mental health and wellbeing, particularly in relation to managing emotions, developing good sleep and exercise routines, healthy friendships and goal setting - Develop strategies to promote mental health awareness within their school community, using the 5-a-day for mental health.	Available now on the Neart eLearning Portal
Peer Education for Wellbeing	A 10-week (or two full day) classroom-based training programme for Transition Year students to train them to deliver a mental health and wellbeing workshop for junior cycle students. Teachers complete a short self-directed eLearning course to access the Teacher Guidance Handbook & classroom materials.	Students will: - Understand the important role that peer educators can play in supporting mental health and wellbeing in schools - Develop an understanding of key concepts and messages they will deliver in the peer-delivered workshop i.e. Ability to describe and define mental health; Share evidence-informed strategies for how peers can mind their own mental health during times of change; Outline where young people can seek help if they need to. - Develop their public speaking and presenting skills in preparation for delivering peer workshops to junior cycle students.	Available now on the Neart eLearning Portal

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Programme area	Description/approach	Learning outcomes	Available from
Innovate for Wellbeing <i>Developed in partnership with Young Social Innovators</i>	A 10-week (or two full day) teacher-led curriculum-based student voice programme for transition year students. Teachers complete a short self-directed eLearning course to gain access to the online classroom-based materials provided by Jigsaw and Young Social Innovators.	Students will: • Develop their understanding of mental health, and the importance of their voice in mental health promotion in schools, including how participation can support their own mental health. • Explore the needs of their school community in relation to mental health, and select an issue to focus on. • Develop a range of solutions that can address this need and select the most appropriate one for innovative action.	Available now on the Neart eLearning Portal
Student Wellbeing Ambassadors Programme	A Neart-facilitated online support programme for nominated Student Wellbeing Ambassadors in Neart Wellbeing Award participating schools. Ambassadors are supported to plan and carry out one small belonging-based action in their school.	Student Wellbeing Ambassadors will • be supported to explore belonging • listen to student voice in a safe and simple way • plan one small action • carry it out with staff support • review the impact of their chosen action.	September 2026– January 2027 Six online student sessions, each offered twice to support school timetable flexibility.



TY Wellbeing Programmes Supports

Programme area	Description/approach	Learning outcomes	Available from
TY Wellbeing Programmes: In-person Support Days for Teachers and TY Coordinators	Practical in-person support days for teachers and TY coordinators delivering a Neart TY Wellbeing Programmes: Peer Education for Wellbeing, Innovate for Wellbeing and Take Action!	Teachers and TY coordinators will be supported to: • explore the three TY programmes and consider which best fits their school context • experience selected student activities first-hand • navigate programme resources • consider flexible delivery options • build skill and confidence around safe facilitation • share ideas with other teachers and TY coordinators	10th Sept. '26: Dublin. 17th Sept. '26: Galway. 1st Oct '26: Cork

Self-directed eLearning courses for *all school staff*

Aim: To build the knowledge and capacity of all school staff to promote whole school approaches to wellbeing and mental health.

Programme area	Description/approach	Learning outcomes	Available from
Supporting mental health and wellbeing in the school setting	A 1-hour self-directed eLearning course for all school staff. It is recommended that school staff delivering classroom-based sessions for students complete this course to build their knowledge and capacity in advance of delivering the classroom-based sessions.	School staff will: • Develop a better understanding of mental health and wellbeing • Have a better understanding of why schools are important settings for promoting and supporting youth mental health and wellbeing • Increase their understanding of the role that they can play in promoting and supporting mental health in their school • Develop a range of strategies that they can use in their role to promote and support mental health and wellbeing.	Available now on the Neart eLearning Portal
Leading learning in mental health and wellbeing	A 40-minute self-directed eLearning course for all school staff. It is recommended that school staff delivering classroom-based sessions for students complete this course in advance of delivering the classroom-based sessions.	School staff will: • Explore the important considerations in planning to teach about mental health and wellbeing in the classroom • Have a better understanding of the importance of boundaries in teaching about mental health and wellbeing • Gain practical strategies that can be used in the classroom to teach about mental health and wellbeing.	Available now on the Neart eLearning Portal
Understanding anxiety in the classroom	A 1-hour self-directed eLearning course for all school staff.	School staff will: • Have a greater understanding of what anxiety is • Understand many of the ways in which anxiety can manifest itself in young people • Be able to identify triggers for anxiety that may be impacting on young people • Have learned some strategies to support their response to students experiencing anxiety.	Updated version available from September 2026

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Programme area	Description/approach	Learning outcomes	Available from
Maximising student voice for mental health and wellbeing in schools	A 1-hour self-directed eLearning course for all school staff, exploring how schools can effectively incorporate student voice in relation to wellbeing.	School staff will: • Have a greater understanding of the importance of student voice in decision-making processes related to mental health and wellbeing in schools. • Apply the principles of the national participation framework, such as creating a safe and inclusive space for young people to express their views and involving them in all stages of decision-making. • Be familiar with effective strategies for seeking and responding to student voice in the school setting.	Available now on the Neart eLearning Portal
Embracing Diversity: Supporting Minoritised Students and Building Belonging in Schools	A 1.5-hour self-directed eLearning course for all school staff, exploring how schools can effectively support minoritised students, supporting all students to experience belonging and wellbeing in their school regardless of their background or identity.	School staff will: • Reflect on humility, privilege & bias • Understand intersectionality • Explore practical strategies for embracing diversity and supporting minoritised students under the Wellbeing Framework • Observe examples of good practice from schools • Consider student voice in the context of diversity and belonging.	September '26
Enhancing wellbeing and protective factors for schools	A 1-hour self-directed eLearning course for all school staff, exploring how schools can maximise the protective factors that contribute to positive mental health and wellbeing.	School staff will: • Have a greater understanding of the risk and protective factors relating to wellbeing, specific to the school setting. • Consider the importance of a supportive school culture and environment to support mental health and build a sense of belonging and connectedness for students. • Explore practical strategies for strengthening school-based protective factors for student mental health and wellbeing.	March '27



Live webinars for *all school staff*

Aim: To build the knowledge and capacity of all school staff to promote whole school approaches to wellbeing and mental health.

Programme area	Description/approach	Learning outcomes	Available from
Embracing Diversity: Supporting Minoritised Students and Building Belonging in Schools	A 1.5-hour webinar facilitated by Neart and NEPS, exploring how schools can effectively support minoritised students, supporting all students to experience belonging and wellbeing in their school regardless of their background or identity.	School staff will: • Reflect on humility, privilege & bias • Understand intersectionality • Explore practical strategies for embracing diversity and supporting minoritised students under the Wellbeing Framework • Observe examples of good practice from schools • Consider student voice in the context of diversity and belonging.	September '26
Supporting students who are self-harming <i>in collaboration with the National Educational Psychological Service (NEPS) and National Office for Suicide Prevention (NOSP)</i>	This 1.5-hour webinar provides school staff with knowledge, understanding and practical strategies for best supporting young people who are self-harming.	School staff will: • Have increased knowledge of self-harm, including the definition and continuum of self-harm, factors that contribute to self-harm and prevalence of self-harm in young people. • Gain practical strategies in supporting young people who are self-harming. • Learn about existing resources available to support staff in managing this topic.	October '26
Understanding and Responding to Students Experiencing Low Mood	This webinar for school staff explores the topic of low mood in young people and how staff can best support young people in the school setting.	School staff will: • Have increased knowledge about low mood in young people and the signs to look out for within the school setting. • Gain practical strategies in responding to young people experiencing low mood within the school setting.	November '26
Strengthening Partnerships with Parents / Guardians for Student Wellbeing	This webinar for all school staff focuses on strategies to strengthen partnerships between school staff and parent / guardians, fostering a whole-school approach to promote student wellbeing.	School staff will: • Hear from a range of professionals about effective ways to enhance their current approaches to working with parents / guardians • Understand the Three R's framework for supportive interactions • Familiarise themselves with relevant Neart support documents • Consider small steps they can take to further enhance the effectiveness of their work with parents / guardian.	December '26

Programme area	Description/approach	Learning outcomes	Available from
Understanding Student Anxiety: What School Staff Need to Know [Part 1 of 2]	As Part 1 in a 2-part series on anxiety, this 1-hour webinar for school staff will provide them with a deeper understanding of anxiety within young people.	School staff will: • Have increased knowledge of the difference between stress and anxiety. • Gain an understanding of the impact of stress and anxiety on the brain, and how anxiety can manifest itself in young people. • Explore briefly how to support students within managing anxiety within the classroom.	January '27
Practical Strategies for School Staff in Supporting Students to Manage Anxiety [Part 2 of 2]	As Part 2 in our 2-part series on anxiety, this 1-hour webinar for school staff delves deeper into more practical strategies for supporting young people with managing anxiety within the school setting.	School staff will: • Receive a short recap of Part 1 of this series. • Explore strategies both at an individual student level and whole-school level to support students with managing anxiety within the school setting.	February '27
Enhancing Wellbeing and Protective Factors for School Staff	This 1-hour webinar explores how school staff can maximise the protective factors that contribute to positive mental health and wellbeing for students.	School staff will: • Have a greater understanding of the risk and protective factors relating to wellbeing promotion that are specific to the school setting. • Consider their role in contributing to a supportive school culture and environment to support mental health.	March '27
Supporting the wellbeing of Traveller and Roma students	This webinar, co-created with members of the Traveller and Roma communities, explores strategies for supporting the wellbeing needs of Traveller and Roma students. Please note it is recommended that staff first watch the webinar or complete the eLearning "Embracing Diversity" prior to attending this webinar.	School staff will: • Consider the specific wellbeing needs of students from each of these communities • Enhance their understanding of the experiences of Traveller and Roma students through hearing direct lived experience • Explore strategies for enhancing the wellbeing and sense of belonging for Traveller and Roma students.	April '27



Additional supports and resources for *Student Support Teams*

Aim: To build the capacity of Student Support Teams to raise awareness of positive mental health and wellbeing and provide them with strategies and approaches to actively seek and respond to the voice of young people and parents/guardians in relation to wellbeing and mental health in schools.

Programme area	Description/approach	Learning outcomes	Available from
In-person Regional Conference series for Student Support Team members	A series of day-long in-person Regional Conferences to further enhance training and support for Student Support Teams.	Student Support Teams will: - Further explore and focus more in-depth on key areas in relation to mental health and wellbeing in schools; for the 2026-27 academic year the themes will be Trauma Informed Practice in Schools, Managing Anxiety, and Engaging Student Voice. - Engage in reflective practice to maximise learning from both online and in-person training. - Be facilitated to share learning with other SST members to support implementation of learning in practice in their own schools.	November '26 and January '27
Interactive online reflective sessions for SST	These 90-minute interactive sessions, facilitated by clinicians, use a case-study based, peer consultation, solution focused approach to exploring supports needed by students with more pressing mental health needs. Sessions will be themed on top identified needs; low mood and anxiety.	SST members will: - Explore effective approaches SST members can take within their roles to support students experiencing low mood / anxiety - Discuss approaches with SST members from other schools across the country, sharing examples of good practice and peer learning - Consider, with clinician supports, potential referral pathways for students who may require additional support - Draft a Student Support Plan which captures learning, based on an anonymised case study.	Dec '26 (low mood) and April '27 (anxiety)

Additional supports and resources for *All School Staff*

Programme area	Description/approach	Learning outcomes	Available from
Interactive, multimedia toolkit(Padlet) for School Staff, focused on the most common issues relating to student mental health and wellbeing	An interactive, multi-media toolkit exploring the most common issues relating to student mental health such as anxiety, exam stress, physical exercise and sleep; promoting positive body image and self-esteem; trauma- informed schools; supporting the mental health of neurodivergent students; articles, guidance and strategies for supporting mental health and wellbeing in the school community.	School staff will: • Develop a greater understanding of a range of the most common mental health and wellbeing issues relating to students • Access trusted, evidence-informed information and strategies that can be implemented by school staff, specific to each of these issues, to promote student mental health and wellbeing. • Have a greater awareness of the importance of whole school approaches to wellbeing and mental health promotion.	Available now
Strengthening Home-School Partnerships for Student Wellbeing (Padlet topic)	A topic within the above Padlet, exploring effective strategies which can be implemented by schools to maximise parent/guardian engagement in relation to mental health and wellbeing. Our Parent Voice Network has contributed directly to this toolkit, alongside various professionals, to ensure parent/guardian voice is central.	Student Support Teams will: • Develop a greater understanding of a range of barriers and facilitators for maximising parent / guardian engagement. • Understand parents' perspectives in how to approach this topic. • Learn evidence-based strategies that can be implemented by school staff to maximise parent / guardian engagement in relation to mental health and wellbeing.	August '26



Supports for *parents/guardians*

Aim: To provide parents/guardians with information, resources and strategies to enable them to support their young person's mental health and wellbeing.

	Topic	Description/approach	Available from
Neart Podcast Series for parents/guardians	Wellbeing for neurodivergent young people - part two	This podcast will hear from a variety of voices, including those with lived experience, sharing ways in which we can all support the wellbeing needs of neurodivergent young people. This episode focuses specifically on ADHA and dyslexia.	October '26
	What to do when your young person is feeling low	This podcast will provide parents/guardians with deeper knowledge and understanding of low mood, as well as practical strategies for supporting their young person who is feeling low.	December '26
	Talking to your Teen	Inspired by our longer 'Talking to Your Teen' webinar offering, this podcast will feature a discussion between Neart, the National Parents Council and youth voice on how parents/guardians can enhance their communication skills and strengthen their relationship with their young person.	February '27
	How to support your young person with managing anxiety	This podcast will provide parents/guardians with deeper knowledge and understanding of anxiety and stress, as well as practical strategies for supporting their young person in managing anxiety.	April '27

Supports for parents/guardians

Aim: To provide parents/guardians with information, resources and strategies to enable them to support their young person's mental health and wellbeing.

Webinar Series for parents/guardians	Talking to your Teen <i>in collaboration with the National Parents Council</i>	This 1.5-hour webinar and live Q&A, collaboratively presented by Neart and the National Parents Council, explores the foundation of communication skills within the parent-child relationship, while providing practical strategies for parents/guardians on talking to their teen about their mental health and wellbeing.	September '26
	Understanding and Supporting Young People Experiencing Low Mood	This webinar will provide knowledge and insight into low mood, as well as provide parents/guardians with practical strategies for supporting young people experiencing low mood.	November '26
	Self-Compassion for Parents and Guardians	Through the use of guided exercises and reflections, this 1-hour webinar introduces and explores the importance of self-compassion for parents/guardians.	January '27
	Enhancing wellbeing and protective factors for young people	This 1-hour webinar explores how parents/guardians can maximise the protective factors that contribute to positive mental health and wellbeing for young people.	March '27
	Parents / Guardians working in partnership with schools for wellbeing	Practical advice on tips for working in partnership with your child's school to support your child's wellbeing.	May '27



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