



Dear Friends and Colleagues

The Autumn term is here and some young people will be finding it difficult to get back into the school environment after a summer of fun and relaxation. Others may be starting a new school for the first time and some are coming up to their important exam years which can be anxiety provoking.

We just wanted to highlight our webinars which are there to support young people and parents through these difficult months.

Topics this term include the following - clicking on the topic will take you to the poster with a QR code to the Eventbrite page where the webinar date can be chosen and booked:

For parents/carers:

[Helping children and young people with anxiety](#)

[Emotionally based school avoidance](#)

[Helping children with sleep](#)

For young people:

[Understanding and managing anxiety](#)

[Tackling low mood and depression](#)

[Managing Anxious Thoughts](#)

[Healthy study habits](#)

Please do circulate these posters to anyone living in Bromley who you feel may benefit.

Bromley Y Webinars

Joining our webinars is easy – just click on the link below and look at the topics and dates that you are interested in, **scan the QR code in the posters above or visit our website calendar. They will take you to Eventbrite where you can book your place.**

Bromley Y [Website](#) Calendar

Text Support for Young People, with a Bromley Y practitioner

Young people can text Bromley Y on the number in the poster, to ask for support from a practitioner at The Signpost.

[Click here](#) to see our poster with more information about The Signpost text support service.

Watch our [Video](#) about The Signpost and how it works.

With our best wishes for the Autumn term

The Bromley Y Team