

Dorset  
Mental  
Health  
Support  
Team in  
Schools



Dorset HealthCare  
University  
NHS Foundation Trust

# SUPPORTERS FORUM

## Topic: Supporting teens with Exam Resilience

Are you a parent, carer or supporter of a child in a Dorset School or college? We need your voice!

As teens head towards their exams, it can be a challenging time for parents and carers who want to know the best ways to support them.

Join our Supporters' Forum for a short 20-minute presentation packed with top tips, followed by an open space to share your views and experiences. Your feedback will help us improve the support we offer during this important period.

 We'd love your input!

### What happens at a forum?

- ✓ **20-minute expert presentation** – tips for parents and useful signposting to local support.
- ✓ **Your turn to share** – via chat, email, verbally, or using our interactive whiteboard.
- ✓ **No pressure** – Cameras and micros optional
- ✓ Your privacy protected -names anonymised
- ✗ we can't discuss individual cases



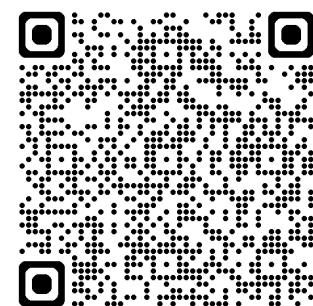
Tuesday 3<sup>rd</sup> Feb



6:15–7:30pm



Online event



 For more information and to sign up: <http://bit.ly/3LgMWaf>