



Free CAMHS events for parent carers



Dodd, Adele
Engagement and Information Co-ordinator

Hampshire CAMHS is offering a range of **free events, training days, and information sessions** designed to support **young people's mental health**, as well as to equip parents, carers, and professionals with practical strategies and advice. We would be grateful if you could share the information below with parents and carers in your school community.

These events are open to families across Hampshire and cover a variety of topics including anxiety, low mood, trauma, neurodiversity, parent wellbeing, and more. Sessions are facilitated by CAMHS clinicians and partner organisations.

Why Share this Information With Parents?

These sessions offer families:

- Direct access to mental health professionals
- Practical strategies for supporting children and teens
- Increased understanding of common challenges such as anxiety, low mood, ADHD, autism, trauma, and school-related stress
- Opportunities to seek advice early, reducing the need for crisis intervention

Supporting parents helps support pupils. By circulating this information, you can help ensure families are aware of the free help available to them.

Upcoming CAMHS Events

Information & Advice Sessions – Winchester

Free drop-in opportunities for parents/carers, young people, and professionals to speak directly with CAMHS clinicians, ask questions, and access resources.

- 1 April 2026
- 6 May 2026
- 3 June 2026
- 1 July 2026

P.A.C.E. (Parent and Carer Events)

Free events aimed at helping families understand the needs and challenges young people may face and how best to support them.

- 16 April 2026 – Eastleigh
- 8 May 2026 – Lyndhurst
- 25 June 2026 – Andover

Parent & Carer Training Day – Chandler’s Ford

- 15 May 2026
A full day of learning focusing on understanding parental emotional needs while supporting a young person’s mental health (topics include guilt, responsibility, and acceptance).

Trauma Training – Basingstoke

- 4 June 2026
Understanding the impact of trauma on the young person’s brain, body, and behaviour, and how to guide them from “surviving to thriving.”

Suicide Prevention Training (SASI) – Waterlooville

- 11 June 2026
A one-day training event for anyone working with young people, hosted at St Peter’s Catholic Primary School, Waterlooville.

How Parents Can Book

Full details and booking links are available on the CAMHS events page:

 <https://hampshirecamhs.nhs.uk/events/>