

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 2025 - June 2026



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. 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 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/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/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/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 teachers, SEN leads, guidance counsellors, and the senior leadership team. All school staff also refers to non-teaching staff such as SNA'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. Schools will also be provided with an Interactive Toolkit to support them to enhance parent/guardian involvement and engagement with schools.

This document provides an overview of all programme areas available to schools for 2025-2026.



Neart Programme Areas | 2025-2026

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.
Live masterclass webinars	Masterclass webinars are used to provide more in-depth information specifically tailored for Student Support Teams. Masterclass webinars are used to 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 1hr – 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 or in a written Q&A document circulated to participants afterwards along with slides and recordings.
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	Interactive toolkits are digital resources which provide evidence-based information for school staff. They include articles, videos, animations, factsheets, case studies, 'how to' guides 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 2025-2026 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 your staff and colleagues in your school.



Webinars for school leaders

Aim: To provide school leaders 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
Information webinar for school leaders <i>Delivered in partnership with NEPS</i>	A 1-hour live webinar to update school leaders on new Neart developments for the 2025/26 academic year and to introduce leaders to the new Neart Wellbeing Award 2025/26.	School leaders will: - Be fully up to date on the Neart programme of supports and resources for school for 2025/26 - Be introduced to the Neart Wellbeing Award and the criteria for participation.	September '25
Support webinar for school leaders	A 1-hour live webinar to support school leaders to get the most from the Neart programme, to enable them to maximise a whole-school approach to mental health and wellbeing in their school.	School leaders will: Avail of a range of supports and resources to help them to maximise the impact of a whole-school approach to mental health and wellbeing in their school community.	January '26



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 and 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.	January '26

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 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 strategies for how peers can mind their own mental health during times of change; Outline where young people can seek help if and when 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 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 Initiative	Neart plans to introduce a Student Wellbeing Ambassador's Initiative to schools over the next two academic years. Between January and May 2026, as a first step in this process, schools will be asked to identify at least 2 Transition Year students to be their Wellbeing Ambassadors. These students should have taken part on one of the Neart Transition Year Programmes during 2025/26. They will then participate in the Wellbeing Ambassador's Initiative starting in September 2026, at which point they will be in 5th Year. The expectation is that they will allocate approx. 3 hours per month to their Wellbeing Ambassador role during the 2026/27 academic year. More details to follow on this exciting wellbeing initiative in 2026.		2026-2027



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.	Available now on the Neart eLearning Portal

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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	November '25
Strengthening school-based protective factors for student mental health and wellbeing	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 that are 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.	January '26



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
Supporting students' wellbeing during the transition from primary to post-primary school <i>with input from TESS – Tusla Education Support Service</i>	A 1-hour training webinar providing strategies for all school staff on how to support students as they transition into first year of post-primary school.	School staff will: - Have increased understanding of the challenges and potential impacts that significant transition periods can have on young people, specifically starting post-primary school. - Gain strategies to support students as they transition into first year. - Explore examples of effective approaches for supporting students during this transition.	September '25
Body image and eating difficulties – strategies for school staff	A 1-hour training webinar for all school staff providing strategies for school staff to create a school environment which promotes positive body image and healthy relationships with food. Strategies will also be shared regarding how school staff can appropriately support students who are experiencing body image and / or eating difficulties.	School staff will: - Have increased knowledge about the body image concerns that students may experience. - Gain strategies to help students develop a kinder relationship with themselves and their bodies. - Identify ways to foster and contribute to a positive school environment that promotes body confidence and supports students' wellbeing and learning.	November '25
Maximising student voice in relation to mental health and wellbeing	A 1-hour live webinar for school staff on practical strategies for maximising student voice on mental health and wellbeing.	School staff will: - Understand the principles of the national participation framework, i.e. creating a safe and inclusive space for young people to express their views and involving them in all stages of decision-making. - Identify practical strategies for seeking and responding to student voice in the school setting.	January '26

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Programme area	Description/approach	Learning outcomes	Available from
Social media and student mental health: Strategies for supporting students to have healthy relationships with social media	A 1-hour training webinar for all school staff, informed by key research and youth voice, on what we know about the impact of social media on mental health, and practical strategies for minimising potential negative impact.	School staff will: • Have increased knowledge about the potential impact of social media on mental health. • Gain understanding about young people's perspective on how schools should manage this. • Gain practical strategies to help students develop a healthier relationship with social media.	February '26
Supporting the Wellbeing Needs of Neurodivergent Students	A 1-hour training webinar for all school staff providing practical strategies to support the mental health and wellbeing needs of neurodivergent students.	School staff will: • Have increased understanding of the common mental health and wellbeing needs of neurodivergent young people. • Gain practical strategies to promote wellbeing specifically for neurodivergent young people (though strategies provided would benefit all students).	March '26
Self-compassion as a strategy for self-care for school staff with input from Spectrum Life	A 1-hour training webinar for all school staff exploring self-compassion as a tool for self-care.	School staff will: • Explore concepts of self-compassion, based on the work of Kristen Neff and Paul Gilbert, with a particular focus on how self-compassion can be used as a strategy for self-care for busy school staff. • Have the opportunity to experience self-compassion exercises. • Consider the development of their own self-compassion toolbox.	April '26



Live masterclasses for Student Support Teams

Aim: To build the capacity of Student Support Teams to support and promote 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
Maximising student voice in relation to mental health and wellbeing	This 1.5- hour interactive masterclass will support SSTs to explore and how they can practically engage and maximise the voice of students in relation to mental health and wellbeing across the whole school community.	Student Support Teams will: - Identify approaches to practically apply the principles of the national participation framework in action. - Identify and share practical strategies for seeking and responding to student voice and engaging and involving young people in Student Support Team decision-making processes. - Develop skills to facilitate meaningful and inclusive engagement with students in order to maximise student voice in relation to wellbeing.	September '25
Developing compassionate schools	A 1.5-hour live online masterclass for SSTs on strategies for developing compassionate schools and overcoming the effects of self-criticism.	Student Support Teams will: - Gain a greater knowledge of compassion-based approaches. - Reflect on and plan for implementing strategies informed by compassion-based approaches, trauma informed practice, and systemic and relational practices.	October '25
School reluctance and avoidance – the role Student Support Teams can play in supporting students in collaboration with NEPS	A 1.5-hour live online masterclass providing strategies for SSTs on how to support students who are experiencing school reluctance and / or school avoidance. Staff are encouraged to attend the NEPS webinar on Managing Reluctant Attendance and School Avoidance Behaviour and /or be familiar with the NEPS guidance documents (NEPS Guidelines) in advance of attending this webinar.	Student Support Teams will: - Have increased knowledge and understanding about the factors that can contribute to school reluctance and avoidance. - Gain strategies to support students who are experiencing school reluctance and avoidance. - Learn about existing resources available to support staff in managing this topic.	November '25

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Programme area	Description/approach	Learning outcomes	Available from
Investing in relationships – the foundation for mental health and wellbeing in schools	A 1-hour live masterclass for SSTs exploring the importance of relationships as the foundation for positive mental health and wellbeing in schools.	Student Support Teams will: • Consider facilitators and barriers to effective relationships within schools. • Learn practical evidence-informed strategies for enhancing protective factors (and managing risk factors) within the school environment. • Enhance their own relational skills through exercises and reflections focusing on mental health and wellbeing.	January '26
Interactive masterclass on wellbeing and protective factors for schools	A 1.5-hour live, interactive masterclass for Student Support Teams to explore how schools can maximise the protective factors that contribute to positive mental health and wellbeing.	Student Support Teams will: • Have a greater understanding of the risk and protective factors relating to wellbeing promotion that are specific to the school setting. • Consider the importance of a supportive school culture and environment to support mental health. • Share practical strategies for strengthening school-based protective factors for student mental health and wellbeing.	March '26



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 2025-26 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.	October '25 onwards
Interactive, multimedia toolkit for SSTs 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.	Student Support Teams will: - Develop a greater understanding of a range of the most common mental health issues arising for students, warning signs and risk and protective factors. - Learn evidence-based strategies that can be implemented by school staff, specific to each of these issues, to promote student mental health and wellbeing. - Appreciate the importance of supportive relationships as the key to promoting mental health and wellbeing. - Have a greater awareness of the importance of whole school approaches to wellbeing and mental health promotion.	New topics launched every term from Autumn '25 onwards
Interactive, multimedia toolkit for schools to maximise parent/guardian engagement in relation to mental health and wellbeing	An interactive, multi-media toolkit exploring effective strategies which can be implemented by schools to maximise parent/guardian engagement in relation to mental health and wellbeing. A Parent Voice Network will contribute directly to this toolkit 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.	Spring '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	Helping your child to start post-primary school	This podcast will explore the challenges that periods of transition bring, with a particular focus on transitioning into post-primary school for the first time. Practical strategies will be shared for how best to support your young person during times of transition.	August '25
	Helping your child to attend school	This podcast will explore the factors contributing to school reluctance and school avoidance and provide practical strategies for parents / guardians whose young person is experiencing school reluctance or avoidance.	October '25
	Promoting positive body image	This podcast will provide useful strategies for parents/guardians to promote positive body image, as well as healthy relationships with food, for their young person.	December '25
	Wellbeing for neurodivergent young people	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.	March '26
	Encouraging healthy habits and routines for the summer break	This podcast explores the barriers and facilitators for healthy habits and routines for students over the long summer break and provides practical advice for parents/guardians on how to support their young people to achieve a healthy balance.	May '26
Webinar Series for parents/guardians	Managing anxiety – practical ways to support your young person	This 1-hour webinar builds on the previous parent webinar "Understanding Anxiety". This time we delve into more practical strategies for supporting your young person to manage anxiety in a healthy way.	September '25
	Social media and young people's mental health	This 1-hour webinar, led by key researchers and incorporating youth voice, explores the relationships between social media and mental health, and what we can all do to promote the positive benefits while mitigating for the risks.	November '25
	Talking to your Teen <i>in collaboration with National Parents Council</i>	This 1-hour webinar, collaboratively presented by Neart and the National Parents Council, explores the foundations of communication skills within the parent child relationship.	February '26
	Supporting young people who are self-harming <i>in collaboration with NEPS</i>	This 1-hour webinar provides some background on the range of factors that may lead to a young person self-harming and gives parents / guardians strategies for supporting their young person who may be self-harming. It will also provide information on crisis supports.	April '26



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