

Newsletter, 01.11.2023

If you're worried about your child's health, and especially their mental health, it isn't always easy to get access to an expert who can inform, advise or reassure you. At Tooled Up we have several opportunities in November for parents who'd like to hear from professionals. Questions can be asked anonymously at these sessions, or sent in advance to kathy@tooledupeducation.com to be asked, also anonymously, on your behalf.

Live Q&A with a Consultant Psychiatrist: Thursday 2nd November, 20:15 GMT

Do you have a question about the mind of your child that you wish you could ask an expert? We're thrilled to be hosting a live Q&A with **Dr Anna Conway Morris**, a consultant psychiatrist who specialises in adolescent mental health. Register [here](#).

Understanding Girls with Dr Tara Porter: November 21, 19:30 GMT

Dr Tara Porter is a Clinical Psychologist and Writer. She worked in the NHS for over 25 years in child and adolescent mental health and has her own successful private practice. In this webinar, clinician and author, Dr Porter will be exploring why some girls are struggling so much at present, and will provide parents with ideas for bolstering their relationship with their daughters whilst supporting their mental health. Register [here](#).

Webinar on Self-Harm with Dr Dennis Ougrin: November 29th, 17:30 GMT

Following his successful and fascinating [webinar](#) on discussing real-world trauma with children, psychiatrist **Dr Dennis Ougrin** returns to help parents and educators with an equally sensitive topic: self-harm. Please note this is a live Q&A rather than a 'talk'. Register [here](#).

The Tooled Up site has a wealth of material to offer help with supporting your child's mental health. Perhaps your child is heading to see a clinical psychologist and you don't know what to expect? Check our [video and tips](#) from **Dr Tamsyn Noble**, a St Albans-based clinician to learn more.

Or tune in to hear what **Professor Tamsin Ford**, Professor of Psychiatry at the University of Cambridge has to say on a whole range of interesting topics! Listen back to a fascinating [Q&A](#) with her here.

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





Live Q&A with a Consultant
Psychiatrist



Understanding Girls
with Dr Tara Porter



Webinar on Self-Harm



All About Clinical
Psychologists



Q&A with a Professor of
Psychiatry

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).

