

Young Minds Matter

Nurturing Positive Mental Health in Education



Free online webinar, Wednesday 21 October 2026, 1pm-2pm



With so much time spent in education, it is crucial that young people's learning environments enable them to feel supported, connected and able to thrive.

So understanding the factors that influence these experiences is important, not only in promoting positive mental health, but in recognising when a young person may be struggling.

This webinar has been designed to help educators, as well as parents and carers, support young people in their setting with confidence, clarity and insight.

During the event, we will draw on both research and frontline perspectives to explore:

- how educational environments can influence a young person's mental health
- how depression and other mood disorders can develop in young people
- signs that a young person may be in difficulty and what you can do to support them
- practical approaches to promoting wellbeing and positive learning in education
- options when an educational setting is not working for a young person
- useful resources and signposting for further support

Hosted by the National Extension College and The Foundation for Young People's Mental Health, this is a wonderful opportunity to learn, reflect and share ideas with others committed to helping young people flourish. We hope you will join us!

**Register
Here**

For more information contact info@nec.ac.uk

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