



Anxiety management for parents/carers (helping your child with anxiety)



Mental Health Support Teams

There is no need to book - just turn up!

A session for parents and carers of children aged 5 - 11 years old with low to moderate anxiety difficulties such as:

- Worrying about going to school or being away from home
- Worrying about friendships, what other people think or thinking the worse will happen (catastrophising).
- Worries around friendships
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The workshop aims to:

- Define anxiety
- Help you recognise anxiety
- Help you support your child with anxiety
- How to manage your own anxiety
- Signpost for further resources

Monday 23rd May 2022
1:30pm-3pm

Online – link:

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)



If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management.

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