



Managing Your Childs Anxiety

An online webinar for parents and carers

Option of 2 sessions:

Monday 15th May 9:30 am

OR

Monday 15th May 4pm

**MENTAL HEALTH
SUPPORT TEAMS**

Topics Covered

- What is anxiety?
- When & why does anxiety become a problem?
- Anxiety disorders
- Causes of anxiety
- Maintenance of anxiety
- How to help your child
- Helpful resources
- Time for questions

Who Can Attend

Parents or carers of a child who may want information on how to support their child with worries and anxiety.

What To Expect

The webinar will last for approximately one hour and will be delivered by experienced mental health practitioners from your schools Mental Health Support Team. They will talk through the above topics and give strategies on how to support children who may be having difficulties with managing worry and anxiety.

The webinar will be via Zoom and the link will be sent out by your child's school.

To register your interest, please contact your child's schools Mental Health or Pastoral Lead

