

# PPEP care training Autumn 2023

**Delivered by Hampshire MHSTs**



October

Overcoming childhood anxiety

Managing anxiety in children under 12. Highlighting when anxiety might be a problem (as opposed to a 'normal' developmental phase), different anxiety disorders and how these can be recognised and discussed. Exploring why treatment is important and a detailed overview of a Cognitive Behaviour Therapy approach aimed at parents. Key strategies to use within professional roles are highlighted, and the role of parental/adult behaviour (how they respond to the child's anxiety) is explored.

When? Thursday 19<sup>th</sup> October 5.30-7.30pm

Where? Online via Zoom (please find link below)

Who? Parents and carers

<https://spft-nhs-uk.zoom.us/j/96532493334?pwd=R09LeXpVdWhkN3lVaHE2K3FOdHo3dz09>

Meeting ID: 965 3249 3334

Passcode: 460644

To access the meeting, please click on the above link. When directed to, type in the meeting ID and Passcode, as well as your first name.

**MENTAL HEALTH  
SUPPORT TEAMS**