



PARENT/ CARER SESSION ON ANXIETY

Anxiety is a common feeling, but it can sometimes cause difficulties in our lives. This sessions aim is to help in learning more about anxiety and how to help.

**THE WELLBEING IN MIND
TEAM WORK IN SCHOOLS TO
SUPPORT STUDENTS TO
IMPROVE THEIR MENTAL
HEALTH & WELLBEING**

**Wednesday 25th October 2023 6pm
until 7pm via MS Teams.**

Topics Covered:

To know what anxiety is, how it can affect young people and to understand when your child might need help.

To recognise anxiety in children and young people and how this may be displayed through avoidance and safety behaviours.

To understand triggers of anxiety and the fight, flight and freeze response.

To share some simple techniques to support your child with anxiety.

Signposting to additional resources and Apps.

If you have any questions and to confirm whether you will be attending the online session then please contact Sam Holmes on teww.wimthamandrich@nhs.net

