

Parent Workshop:

Helping Your Child with Anxiety

Ealing Mental Health Support Team



Does your child seem **anxious**? Do they **worry** about different things? Would you like to understand more about supporting your child in managing their emotions? We will discuss what anxiety is, why it occurs and share a range of strategies that you can put in place including **how to talk about worries and facing fears**.

Who?

The Ealing MHST is a service designed to **support the wellbeing of children and young people in education settings**, aiming to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

What?

We are offering a workshop providing information to help you **support your child with managing worries and facing fears**. There is an accompanying handout so no need to take notes - grab a hot drink and a biscuit!

When and Where?

The workshop will take place on

Date: **Tuesday 16th May 2023**

Time: **4:00pm-5:00pm**

Where: **Microsoft Teams** video conferencing software. The workshop will last one hour with a 45-minute presentation followed by 15 minutes for questions.

For more information, please contact the mental health support team by using the email: ealing.mhst@nhs.net

How?

Please sign up for the workshop by **clicking on this link**. We will then use your details to email you the resources after the workshop.

The workshop can be **accessed using this link (Click here to join the meeting)**. Microsoft Teams can be downloaded as a free app for phones, iPads/tablets or laptops/desktop computers.

We ask that you kindly mute yourself during the presentation and then we will invite you to unmute in the last 15 minutes. Feel free to add questions in the chat box as we go.

