

# Managing Your Child's Anxiety

An online webinar for parents and carers of primary-aged children, offering information around what anxiety is and tips for how to support your child

**Monday 25th September 9.30—10.30am**

Meeting ID: 991 3351 0561 Passcode: 725031

Zoom link: <https://spft-nhs-uk.zoom.us/j/99133510561?pwd=UWVoY3lFT1BHakcrYVNqZWRIbGRjQTO9>

**Wednesday 27th September 7.00—8.00pm**

Meeting ID: 915 1684 7114 Passcode: 244952

Zoom link: <https://spft-nhs-uk.zoom.us/j/91516847114?pwd=NVYyT1hkR1NyLOtEQ2prVi9xTDJldzO9>



## Who Can Attend?

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

## 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

## 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.

(Please note: the content of both sessions is the same so there is no need to attend both sessions)

