

Mental Health Support Teams in Schools



**Are you looking for effective ways to help you,
help your young person, navigate anxiety
and help them manage their worries?**

**The Mental Health Support Team is
running 2 online parent groups in NOVEMBER**

When?

**Tuesday
4th 11th 18th 25th
November
1-2pm**

When?

**Thursday
6th 13th 20th 27th
November
9.30-10.30am**

Where?

**zoom link will
be sent to
you via email
for each
session**

Choose sessions
on Tuesday OR
Thursday

Attendance at
all four sessions
is expected

Notes for each
session are
emailed for you to
try out the ideas
each week

Next steps:

- scan QR code
- complete form
- practitioner will telephone to confirm details



For any questions email: mhstadmin@mindinwestessex.org.uk

Information for parent/carers

