

Mental Health Support Teams in Schools

ONLINE PARENT GROUP - Helping Your Child with Fears & Worries

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 June

When?

Thursdays
1pm - 2pm

11th June
18th June
25th June
2nd July

When?

Fridays
9:30am - 10:30am

12th June
19th June
26th June
3rd July

Choose sessions on Thursdays or Fridays.
Attendance at all four sessions is expected.

Next steps:
scan QR code
complete form

A practitioner will call you to complete a short assessment



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

Information for parent/carers

