



MHST: SUPPORTING YOUR CHILD WITH SIGNS OF ANXIETY Y6 AND UNDER

Join the Dorset Mental Health Support Team for Schools for a webinar designed for parents of young people in year 6 and below who are struggling with anxiety.

This session is available for parents/carers who are looking to understand and support their child with anxiety or worries.

The session covers theory around anxiety in young people, potential triggers and maintenance factors, and key strategies to support their child with managing worries. It also explores parental wellbeing and the importance of this when supporting their child.

**Fill this brief form in, and
watch the recording now:**

<https://forms.office.com/e/ti9YfB6pWQ>



enquires to: dhc.mhsteam.northandeastdorset@nhs.net
To leave feedback: <https://gthr.co.uk/d34c>