

Dorset  
Mental  
Health  
Support  
Team in  
Schools



Dorset HealthCare  
University  
NHS Foundation Trust

# MHST: SUPPORTING YOUR CHILD WITH SIGNS OF ANXIETY Y7+

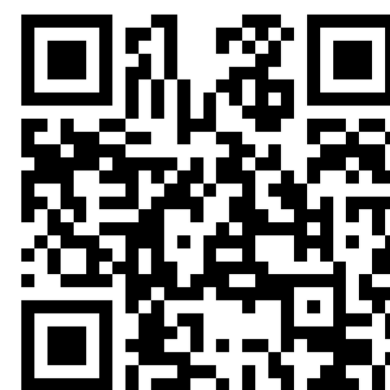
Join the Dorset Mental Health Support Team for Schools for a webinar designed for parents of young people in year 7 and above who are struggling with anxiety.

This session is available for parents/carers who are looking to understand and support their child with these anxieties 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/6VkRYNmWNP>



enquires to: [dhc.mhsteam.northandeastdorset@nhs.net](mailto:dhc.mhsteam.northandeastdorset@nhs.net)  
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