



NHS



Anxiety Parent Workshop

Friday 3rd May 2024
9am - 10am
St John the Baptist
Primary School

MENTAL HEALTH
SUPPORT TEAMS



Topics covered

- What is anxiety?
- When and how does anxiety become a problem
- Causes of anxiety
- How anxiety is maintained
- How can you help your anxious child?

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Service delivered in partnership with Hampshire
and Isle of Wight Integrated Care System.

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