

# Supporting your child to manage anxiety.

## INTRODUCTION SESSION FOR PARENTS



Does your child struggle with anxiety?  
The MHST is offering parent-led sessions to provide you with skills to help support your child with their anxiety.



### What we will be covering:

- Who are the MHST
- Why parent-led?
- What is anxiety?
- Fight, Flight, Freeze
- Types of anxiety



Location: Shalfleet Primary School

Date: Thursday 15h January

Time: 9.00 - 10.30am

If you are interested in this workshop, please speak with your school's Designated Mental Health Lead, Heather Eggleton/Georgina Westhorpe.

**mental  
health  
support**  
TEAM