

Supporting your child to manage their anxiety

An Emotional Wellbeing Workshop for Parents

On Tuesday 10th December 2024 at 9am the **Mental Health Support Team in School** for North and East Dorset will be running a 45-60 minute session on how you, as parents/carers can help support your child with symptoms of anxiety.

The session aims to provide you with a better understanding of the causes and maintaining factors of anxiety and equip you, as parents/carers with key strategies to support your child with managing worries.

They will also provide information of more detailed support sessions they run for parents/carers.



visit our website for more info
bit.ly/dorset_mhst

get access to our resources



Dorset Mental Health Support Team in Schools



NHS
Dorset HealthCare
University
NHS Foundation Trust

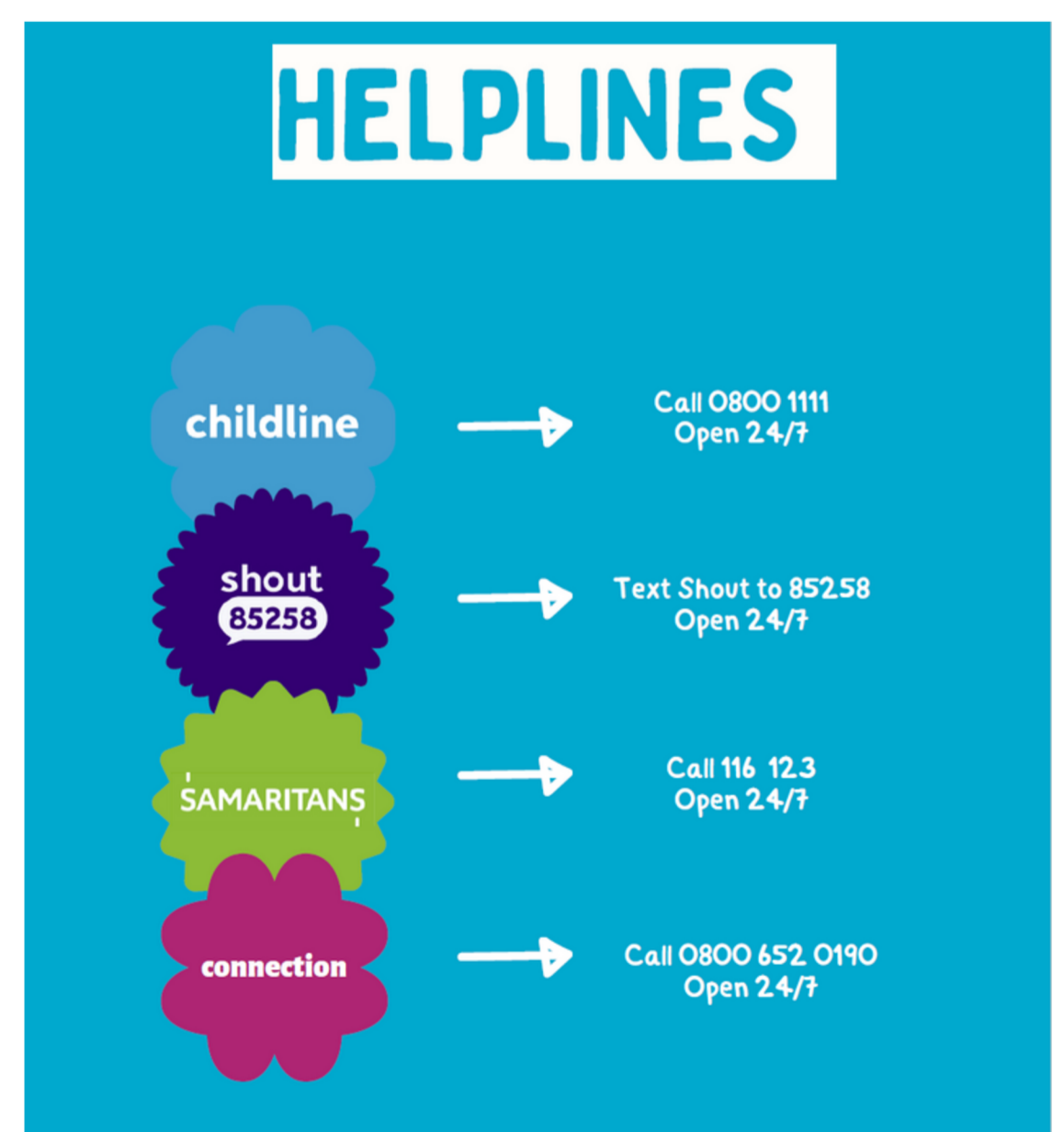
Take a look at our social media channels for more ideas, tips and activities to keep you busy and feeling good.



@DORSETMHST



For further information, please contact your child's school.



HELPLINES

childline	→	Call 0800 1111 Open 24/7
shout 85258	→	Text Shout to 85258 Open 24/7
SAMARITANS	→	Call 116 123 Open 24/7
connection	→	Call 0800 652 0190 Open 24/7