



Thursday 15th June 2026 -

Understanding anxiety at 12:30pm and 5:30pm



We would like to invite parents/carers of young people to a 1/2 hour, information session which explores anxiety -

The session explores :

- **To gain an understanding of the support provided by the Mental Health Support Team (MHST).**
- **To identify possible signs and symptoms of worry in children and young people.**
- **To learn strategies to support your child if/when they are experiencing worry.**
- **To recognise when and know how to request specialist support for your child.**



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



12:30pm - Meeting ID: 359 004 013 433 3

Passcode: e4ch6pE7

5:30pm - Meeting ID: 359 004 013 433 3

Passcode: e4ch6pE7