



Understanding and supporting my child with their worries

Mental Health Support Team,
Wirral CAMHS

- Does your child struggle with anxiety?
- Would you like to learn more about anxiety and how you can support your child to manage anxiety?

The Mental Health Support Team in schools (Wirral CAMHS) are providing a 1-hour face to face workshop to support parents in helping manage their child's anxiety. The workshop covers:

- What anxiety is?
 - How to approach anxiety?
 - Strategies to alleviate anxiety symptoms?
 - How can parents support children to manage anxiety?
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- All Parents & Carers are welcome.
 - Please come and join us in the school hall.
 - WKPS Mental Health Practitioner –
Jessy John.

Mental Health Support Team
at West Kirby Primary on
Friday 24 November 2023
at 9:00am - 10:00 am



Helping people to be
the best they can be

