

Southampton Mental Health in  
Schools Team (MHST)

# Helping Your Child With Fears & Worries

## A Course for Parents & Care Givers

**Does your child have a lot of ‘what if...’ worries?**

**Does your child feel anxious about school?**

**Does your child fear particular places, situations or objects?**

**Does your child struggle with separation?**



All children have fears and worries but for some children this can start to impact their wellbeing.

It can be difficult for parents/care givers to know how best to support children to overcome these challenges.

This course is for parents/care givers of children aged 5-12 years old who struggle with anxiety and worries. Evidence has found that treatment for childhood anxiety can be efficiently delivered via parents/care givers and this method has better outcomes than supporting the child directly.

### **What does the course involve?**

- Facilitated by the Mental Health in Schools Team (MHST)
- 5 weekly 90 minute sessions
- Starting in early November
- Range of times, days and locations available
- First come first serve basis

### **What to do if you would like to attend this course?**

Speak to your child’s school so they can put in a referral for you - a member of the MHST will then be in touch.