



Cheshire and Wirral
Partnership
NHS Foundation Trust

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?

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

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 – Jessie John.



Helping people to be
the best they can be

