

# Helping Your Child with Fears and Worries

## Mental Health Support Team (MHST)

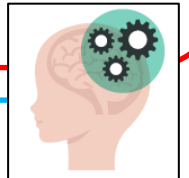
Educational Mental Health Practitioners (EMHPs), who are part of the MHST, are currently working with your school. One of our roles is working with children and young people who have symptoms of anxiety.

As your child attends a primary school and is between the ages of 5 and 12, the support that would be provided to manage their anxiety symptoms is **Parent-Led CBT**.



## What is Parent-Led CBT?

- You will be supported by a practitioner to learn new techniques to use with your child.
- It will be over 14 weeks, including breaks where you will be able to practice the techniques.
- There is a structure for you to follow, both in and out of sessions - this includes resources and a book.
- Due to the current circumstances, this will be delivered virtually on a one-to-one basis, as opposed to its usual group format.



## What do we mean by fears, worries and anxiety?

- Does your child often expect that something bad will happen and that they won't be able to cope?
- Does your child seek reassurance through questions such as "will I be ok?"?
- Does your child often complain of physical symptoms before doing something or going somewhere such as; headaches, stomach aches, shaking and muscle aches?
- Does your child avoid activities or events that they used to enjoy attending?

For further information or to enquire please contact your school