



Anxiety and Worries Workshop

Information for Parents and Carers

RISE Education Mental Health Practitioners (EMHPs) work in schools and colleges across Newcastle and Gateshead to support young people (aged 5-18) with their emotional wellbeing and mental health.

Wingrove Primary School
Tuesday 30th January 2024
9.15am - 10.15am

Fears and worries are normal experiences that we all have from time to time, but in some cases, they begin to affect our lives. For your child, this may affect their behaviour at home, at school or with their friends.

Many children experience these difficulties, yet as parents and carers you may feel that it is difficult to know what to do for the best.

The purpose of this workshop is to give parents/carers the opportunity to learn more about anxiety in children and how best to support children with their worries.

The workshop will focus on:

- How anxiety presents in children.
- Discussing the development and maintenance of anxiety in children.
- Tips and things you can do as adults to manage anxiety and build confidence and independence in children.



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