

## An Introduction to Anxiety

Dear parent/carer,

We are contacting you from Thought-Full, the West Sussex Mental Health Support Team in Schools, to offer you the opportunity to attend our parent psychoeducation workshop focusing on understanding anxiety in young people.

The session is suitable for any parents/carers who would like some guidance and ideas about how best to support their child's emotional wellbeing with a particular focus on understanding and supporting anxiety.

The workshop will cover:

- An introduction to the biological function of anxiety
- To gain knowledge of why we have anxiety
- To understand why anxiety feels the way it does
- To think about when anxiety becomes a problem for young people
- Simple ways to calm anxiety.

The event will be held on 18<sup>th</sup> July 2024 from 4.30 to 6.00pm at The Angmering School. If you would be interested in attending the workshop, please click [here](#) to secure your place by Friday 12th July.

Best wishes,

Lorraine Osmend – Mental Health Advisory Teacher.

## What do other parents say about our courses?

“That it really opens your eyes to what can cause it and the things that surround anxiety.”

“Attend! It was so useful & informative.”

“Informative and learnt a lot about how to use various techniques to help children”

“Very worthwhile”