

Parent Workshop for Supporting Young People with Anxiety or Low Mood

Thursday 13th June | 17:00-18:30 | Maiden Erlegh School

Concerned that your young person may be struggling with anxiety or low mood? Is your young person showing signs of:

- Persistent tearfulness or irritability
- Reduced interest or pleasure in normally enjoyable activities
- Withdrawal or avoidance
- Difficulty thinking, concentrating or making decisions
- Feelings of worthlessness, guilt, or hopelessness
- Change in eating or sleeping
- Unexplained tiredness, stomach-aches, or headaches



Come along to the Mental Health Support Team's parent workshop for tips on what to look out for and simple tools and ideas for supporting your young person.

Book Your Place by completing the online booking form [HERE](#)