

Is your child struggling with feelings of anxiety?

Is your child in years 4 to 8 and struggling with feelings of anxiety, fears or worries? If so, the 'Helping your Child with Fears and Worries' (Parent Led CBT) course might be able to help.

This is delivered by the Darlington Mental Health Support Team (MHST)

If you would like to find out more about 'Helping your Child with Fears and Worries' programme and find out about how to access support for your child, come along to one of our drop-in sessions.

You can come along at any time for a chat with one of our practitioners (and for a cup of tea and a biscuit). We will also be delivering a short presentation at set times throughout both days so if you would like to attend for one of these, make sure you arrive for one of the presentation time slots.

Date:

Wednesday 10th August

Time:

**Drop-in anytime from
1.45pm - 4.15pm**

Presentations will run at 2pm and 3pm

Date:

Thursday 25th August

Time:

**Drop-in anytime from
9.45am-12.15pm**

Presentations will run at 10am and 11am

Location: Darlington Northern Echo Arena

During the drop-in session we will provide you with more information about the 'Helping your Child with Fears and Worries' programme. The programme is an evidence-based intervention which helps you to help your child with their feelings of anxiety. This means we work with parents/carers to help you learn some practical ways you can support your children to overcome their feelings of anxiety.

The programme can help children who:

- Struggle to sleep on their own
- Avoid certain places/situations
- Find it hard to speak up in class
- Struggle to get in to school on a morning (but still manage to go most of the time)
- Have a specific fear or something
- Experience lots of worries
- Are scared to sleep over at someone else's house

These are just a few examples and this is not an exhaustive list.

If you would like to come along, please **let us know which date** you would prefer to attend .

Telephone or text: 07500 799524

Email: tewv.mhstdarlington@nhs.net