

SUPPORTING ADOLESCENTS WITH ANXIETY

The aim of this workshop is to understand how anxiety may present itself during adolescence and how parents can support their children in managing this.

It will help parents to

- Identify common worries and anxieties
- Learn strategies to support children who experience anxiety
- Where possible embed these strategies to prevent anxiety from escalating.

Suitable for Year 8, 9 and 10 parents.

To attend this workshop parents are requested to register using the below link:

Parent registration link: [MHST PARENT REGISTRATION FORM
SUPPORTING ADOLESCENTS WITH ANXIETY- ONLINE – Fill in form](#)

Alternatively, you can scan the QR code to register



Once you have registered, we will send you the MS teams link to join the workshop online.



@westlondonnhs



@westlondonnhstrust



@westlondonnhs



Promoting hope & wellbeing **together**