

Understanding **Anxiety**:

What is it and how can you support your child?

Anxiety is a normal and healthy human reaction. When anxiety is mild to moderate, it can often improve performance but sometimes anxiety can become a problem when it interferes with everyday life.

- Me & My Mind provides an **online** 1.5 hour workshop on understanding anxiety and what it might look like for a child (behaviours and physical signs).
- The workshop includes strategies to help Parents and Carers to manage anxiety at home.
- Including resources and activities ideas that you can do at home with your family.

Tuesday 22nd March 2022, 1:00pm to 2:30pm

[Click here to book](#) or email us

Me & My Mind is a Children's Mental Health service working in your school.

We can be contacted on:

Email: mhst.info@eastsussex.gov.uk

Call: 01273 335585



or scan the QR code for a short film about our team.



A helping hand with your mental health

me & my mind

East Sussex Mental Health Support Team