

# PPEP care training Summer 2024

**Delivered by Hampshire MHSTs**



## Overcoming childhood anxiety

Managing anxiety in children under 12. Highlighting when anxiety might be a problem (as opposed to a 'normal' developmental phase), different anxiety disorders and how these can be recognised and discussed. Exploring why treatment is important and a detailed overview of a Cognitive Behaviour Therapy approach aimed at parents. Key strategies to use within professional roles are highlighted, and the role of parental/adult behaviour (how they respond to the child's anxiety) is explored.

When? Thursday 20<sup>th</sup> June 5.30-7.30pm

Where? Online via Zoom (please find link below)

Who? Parents and carers

<https://spft-nhs-uk.zoom.us/j/94316920577?pwd=9CAutbGqQW5bknClrGVUM7p0lsTifr.1>  
Meeting ID: 943 1692 0577  
Passcode: 263835

To access the meeting, please click on the above link. When directed to, type in the meeting ID and Passcode, as well as your first name.

**MENTAL HEALTH  
SUPPORT TEAMS**