



HEALTHY TEEN MINDS

Understanding: Anxiety

A half-day introductory workshop to explore anxiety in children and young people

Course Objectives & Benefits

By the end of the day participants will gain:

- Confidence to support colleagues and parents/carers working with young people with anxiety
- Awareness of the various types of anxiety including generalised, separation, social, phobia, panic and obsessive compulsive disorder (OCD)
- Greater insight into how young people might experience anxiety
- Practical strategies to engage and support young people with anxiety
- An overview of anxiety disorder assessment and risk management including appropriate referral pathways
- Information on treatment and care offered by CAMHS (Child & Adolescent Mental Health Services)

Suggested Audience

Professionals who work with young people and/or parents carers in various settings including schools, youth projects, children's homes, voluntary agencies and community organisations (including health visiting and policing).

Contact

If you have any additional questions or would like to inquire about the cost for Healthy Teen Minds to deliver training on site to your team please contact Robin on the details below.

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