



Mental Health
Support Team
Buckinghamshire



NHS
Oxford Health
NHS Foundation Trust

HELPING YOUR CHILD WITH FEARS AND WORRIES

A COGNITIVE BEHAVIOURAL APPROACH



6-week virtual parent/carer group
covering the following topics:

- Understanding anxiety
- Responding to anxiety
- Practical ways to manage anxiety
- Encouraging independence
- Developing a plan
- Problem solving

SIGN UP!

INTERESTED?

Simply speak to your schools
wellbeing team to discuss a
referral to this group

Thursday 22nd February 2024
10am - 11.30am
Virtual Group (6 weeks)

www.oxfordhealth.nhs.uk/camhs/bucks/mhst
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