

# Is your child experiencing Anxiety?

Your MHST is able to offer parents and carers of parents of Primary School age an evidence based intervention (6 sessions @ approx. 1 hour)  
If you would like to discuss whether this course is for you, please speak with your school or email us.

**Cheshire Mental Health Support Team (MHST)**

[cwp.cheshiremhstreferrals@nhs.net](mailto:cwp.cheshiremhstreferrals@nhs.net)

## What is it?

- 'Helping Your Child with Fears and Worries' is a self-help guide available to you that your Education Mental Health Practitioner (EMHP) will guide you through.
- Delivered via a mixture of face to face and telephone.
- This goal focussed programme will help you understand your child's worries and support them to manage emotions better.

## Why parent led?

- Research has shown that parent led treatment is more effective in the 5-12 year age range and progress can be made in fewer sessions.
- Children will look towards their parents to answer questions for them and as such parents are best placed to help children make sense of their world, help them implement change and problem solve difficulties as they arise.

Helping people to be  
**the best they can be**