

PPEP care training Autumn 2024

Delivered by Hampshire MHSTs



Overcoming adolescent anxiety

Managing anxiety in adolescents. 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 14th November 5pm – 7pm

Where? Online via Zoom (please find link below)

Who? Parents and carers

<https://us04web.zoom.us/j/73734050548?pwd=GKrijfT1JluN1aOV6zzxtIzfnUR8qcn.1>

Meeting ID: 737 3405 0548

Passcode: 4aZF7a

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**