

MENTAL HEALTH SUPPORT TEAMS

Childhood Anxiety

Does your child show signs of anxiety? Do you know what anxiety looks like in children and what might cause it?

The Mental Health Support Team (MHST) are a team of mental health specialists supporting children and young people through Cognitive Behaviour Therapy (CBT).

If you would like to learn more about anxiety and how you can support your child please join the MHST for our workshop on:

Thursday June 13th

Springwood Infant School Hall

9am start

Please sign up to this free event on your Scopay App 😊



MENTAL HEALTH
SUPPORT TEAMS

Service delivered in partnership with Hampshire
and Isle of Wight Integrated Care System.