

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 young people through Cognitive Behaviour Therapy (CBT).

If you would like to learn more about anxiety and how you can support your child (and enjoy a cuppa and biscuits!), join Libbie and Marika from the MHST at the session below.



11th of December at 9am.

Springwood School

Please let your organiser know if you will be attending the session.