

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 join the MHST at one of the sessions below:



Tues 8th Oct 9am at Elson Infant School

Wed 9th Oct 9am at Gomer Infant School

Please book your space using the form on the link below:

[Booking Form](#)