

Helping your child with fears and worries

Who are we?

As the Woking Mental Health Support Team (MHST), we work within your child's school to support children and young people to better manage anxiety, low mood or other mild emotional and mental health difficulties. We also work with schools closely to support their whole school approach towards positive emotional and mental health.

What Support Are We Offering?

The intervention that you will be completing with us to help support your child is called: 'Helping Your Child With Fears and Worries'. This involves the delivery of evidence-based strategies to parents with the aim of them using these with their child to overcome difficulties with anxiety. Given that parents are often the experts about their own children, this approach can be most effective in facilitating positive behaviour change in younger children.

The intervention is completed by supporting you to work through the accompanying book (Helping Your Child with Fears and Worries). You will be required to purchase (or borrow a copy of the book from your library), prior to starting the intervention. Please read Part One, Chapter 6 and Chapter 7 before starting the intervention.



The structure of sessions and content is outlined below

Session 1 (Face-to-face)
**Introduction to programme – how anxiety is developed and
maintained.**

Session 2 (Face-to-face)
**What are my child's anxious expectations / what do they need to
learn?**

Session 3 (Face-to-face)
Creating a step-by-step plan.

Session 4 (Telephone)
Checking in and reviewing homework.

Session 5 (Face-to-face)
Checking in and reviewing homework /problem solving.

Session 6 (Telephone)
Reviewing progress

Follow up appointment 4 weeks after to review overall progress.

How and When to Contact Us...

**Email: rx.mhstwoking@nhs.net or
call your child's practitioner's mobile number.**

Please contact us if you cannot attend an appointment.

**Please do note however that these are not methods of contact to be used in crisis
or when an urgent response is required as they are only monitored during working
hours and we may not be able to respond promptly (Mon-Fri, 9-5 pm).**

For more urgent support please use the following crisis contacts:

CAMHS Single Point of Access: 0300 222 5755 8am-8pm



24 hour emotional support – Tel: 116 123

SAMARITANS

Parent Helpline: 0808 802 5544 (Mon-Fri, 9:30am-4pm)

For a medical emergency or serious safety concern: Call 999 or visit A&E