

PARENT/ CARER INFORMATION SHEET

Worry Management – Individual support for children

How Long? There are 6–8 face to face / video link sessions

Who is it for? Children aged 8+ experiencing mild generalised anxiety and able to understand the strategies explored.

What is it about? The sessions are based on cognitive behavioural therapy which is evidence-based and explores links between thoughts, feelings and behaviours. It aims to support children to understand the role of anxiety, to normalise their experiences, encourage emotional literacy and to learn useful strategies to manage their anxiety better.

What will happen? The EMHP (Education Mental Health Practitioner) based in your school will meet your child each week and explore a topic together. Sessions include learning about the role of anxiety and the body, sorting worries, worry spirals, using a worry tree, worry time and worry free zones, problem solving approaches and positive self talk. Sessions aim to support children to identify their worries and find useful ways to manage them. We complete questionnaires, diaries, worksheets and set a home task each week. Parents/ carers are expected to support children to complete home tasks outside of sessions and may be invited to join sessions with children.

You have the right to opt out of any support offered to you from the Mental health support team. If you wish to access support at a later time, please contact your school Mental health lead.

Disclaimer: This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

For further information please contact – MHSTClinicalAdmin@alderhey.nhs.uk