

# PARENT/ CARER INFORMATION SHEET

## Helping your child with fears and worries – Individual support

**How Long?** There are 4 face to face/virtual sessions followed by 2 telephone contacts over an eight week period.

**Who is it for?** Parents and carers of children aged 5–12 years

**What is it about?** The meetings explore strategies to help you to support your child with anxiety. This is a guided self-help intervention supported by an EMHP (Education Mental Health Practitioner). This is suitable if your child is experiencing panic, general, social or separation anxiety and you would like to work with someone to learn how to support them. It aims to empower you with cognitive and behavioural strategies to use with your child to overcome anxiety.

**What will happen?** The EMHP will introduce a topic and you will explore it together. You will be asked to read chapters from the book 'Helping Your Child with Fears and Worries' by Cathy Creswell and Lucy Willets (2019). We discuss reassurance giving and avoidance in the maintenance of anxiety and encourage you to use graded exposure to tackle any fears and worries.

You will be asked to complete weekly worksheets, make plans and implement changes at home and share your experiences during sessions.

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](mailto:MHSTClinicalAdmin@alderhey.nhs.uk)