



MENTAL HEALTH SUPPORT TEAM



# HANDLING WORRIES TOGETHER COURSE



How can I help my child manage their worries?

What works?

How do I know that what I am doing is right?

Handling Worries Together is a Parent Led CBT – A Cognitive Behavioural Therapy (CBT) - informed approach to help your children and young people with their fears and worries. This could be around fears and worries around attending school, sleep or behaviour problems.

The programme consists of psychoeducation, identification and challenging of anxious thoughts through graded exposure and problem-solving. Parents are asked to complete various between-session tasks, both independently and with their child.

Parents and carers will be asked to commit to 4 face to face sessions and 2 telephone conversations, over the course of 7 weeks. There will be an expectation that parents and carers do some reading prior to sessions and this is based on the book 'Helping your Child with Fears and Worries' By Cathy Creswell and Lucy Willets (University of Reading).

If this is something you would be interested in please speak to a member of staff at school or the Mental Health Lead, Ms McMullan.