



**Supporting your Mental
Health and Wellbeing**

**Portsmouth
MHST**

Managing Anxiety and Challenging Presentations Group

This is a group that provides support to help you learn skills to support your child with their mental health and well-being as well as how to manage those challenging presentations. Topics include understanding anxiety, exploring others responses, creating a step-by-step plan, encouraging independence and confidence, using praise and rewards, setting family rules, limit setting and selective ignoring.

It is for parents and carers whose children are currently in primary school and experiencing mild anxiety and displaying challenging presentations. If you want to learn strategies to support them with this, then this is the group for you.

This interactive group is delivered by practitioners from the Mental Health Support Team and runs weekly for 7 sessions for 1.5 hours each session.

Group work is good for sharing problems, learning from others and connecting with new people who may be in similar situations.

"It gave me ideas and techniques to support me and my child. "

" I feel we communicate better"

"The group was really supportive"



Who to contact?

Speak to a teacher (such as a tutor or head of year) who can get in touch with your schools Mental Health Support Team link worker.