



**Supporting your Mental
Health and Wellbeing**

**Portsmouth
MHST**

Helping Your Child with Fears and Worries (HYC) Group

HYC is a group that provides support to help you learn skills to support your child with their mental health and well-being, with an opportunity to practice these skills between each session. Topics include understanding anxiety, creating step-by-step plans and encouraging independence and confidence.

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

This interactive group is delivered by Educational Mental Health Practitioners over the course of 5 weekly sessions. With each session lasting for 1.5 hours.

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

"It gave me some solid structure to follow to help with everyday issues"

"I feel good about going and I feel I have some good skills now"



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.