

East Riding MHST Parent Led CBT Course

Understanding how to support your child with worries and anxiety and giving you some practical tools to help manage those worries.

Our course is run over 6 sessions with a break in the middle to give you chance to put some of the things we give you into practice

**MENTAL
HEALTH
SUPPORT
TEAM** EAST
RIDING

HOW CAN I ATTEND?

Our workshops will be offered face to face at venues across the East Riding

Please speak with your child's school if you would like to know more information on how you can attend



NHS

Humber Teaching
NHS Foundation Trust