

# PPEP care training Autumn 2024

**Delivered by Hampshire MHSTs**



## Overcoming adolescent anxiety

Managing anxiety in adolescents. Highlighting when anxiety might be a problem (as opposed to a 'normal' developmental phase), different anxiety disorders and how these can be recognised and discussed. Exploring why treatment is important and a detailed overview of a Cognitive Behaviour Therapy approach aimed at parents. Key strategies to use within professional roles are highlighted, and the role of parental/adult behaviour (how they respond to the child's anxiety) is explored.

When? Thursday 14<sup>th</sup> November 5pm – 7pm

Where? Online via Zoom (please find link below)

Who? Parents and carers

<https://eu01web.zoom.us/j/66044822967?pwd=EN1zWUap71srB2QkxZXnwtCk98KgYn.1>

Meeting ID: 660 4482 2967

Passcode: 963392

**MENTAL HEALTH  
SUPPORT TEAMS**