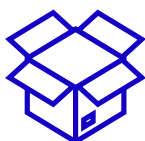


Mental Health Awareness Week: Addressing Anxiety

Parent Bulletin No.9 – May 2023

Mental health awareness week is from the 15th to 21st of May, this year's theme is anxiety. Anxiety is a normal emotion for children and young people, but sometimes it can get out of control. Read on to learn how you can support your child or young person with their anxiety.



Create a Worry Box – [Worry boxes](#) are containers which children can 'post' their anxious thoughts. They can help by giving children a physical way to get rid of their worries, and it encourages them to not keep their worries to themselves.



Activities to Reduce Anxiety– Talk to your child about what could help combat the anxiety they feel. For example, this may be doing exercise, drawing or painting, writing in a journal, watching a favourite film, talking to friends or cooking and baking. These kinds of activities can help them to feel calmer.



Develop your Understanding of Anxiety– Anxiety is complex, and sometimes difficult to understand. Check out [MyMindTV](#) to learn more about anxiety, and how you can support your child.

Further Resources

[Young Minds](#) – Supporting young people with anxiety

[Mind](#) – Free helplines for young people struggling with their mental health

[Anna Freud Centre](#) – A guide to supporting young people with anxiety

[Mental Health Foundation](#) – More information on mental health awareness week

The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.



We provide a **telephone drop in service** where you can speak to one of our team about your child's mental health and wellbeing.
Please note, this is not a counselling service

Click the link below or scan the code to schedule a call:
[Mental Health Support Team Telephone Drop In Service](#)

For blog posts, and to learn more about the support we offer, visit our websites: www.hfehmind.org.uk