



## Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p><b>'Virtual workshops for parents &amp; carers'</b></p> <p>Developing a better understanding of mental health and wellbeing is known as psycho-education.</p> <p>Children and young people learning more about their mental health and wellbeing needs will be assisted if adults that are closest to them in their lives also develop their understanding.</p>	<p>The resources that will assist parents and carers will differ.</p> <p>Review the content before you signpost a parent to it and think about suitability based on your understanding of the needs of the child/young person and their parent(s)/carer(s).</p> <p>While these resources are not specifically aimed at education staff, they contain information that are useful to all adults in the lives of children and young people.</p> <p>Being aware of the content of these resources will help you start and continue to have conversations about the content as a parent/carer accesses it, with the overall aim to assist parent(s)/carer(s) involvement and partnerships in supporting their child.</p>	<p><b>Fife CAMHS</b> (2020) have produced virtual workshops that cover a variety of mental health and wellbeing topics: <a href="#">Parent and carer workshops</a>   <a href="#">HandsOn (handsonscotland.co.uk)</a></p> <p><b>NHS Lothian</b></p> <div data-bbox="1198 751 1697 1015"> </div> <p><a href="#">Part 1: Understanding Anxiety</a></p> <p><a href="#">Part 2: Supporting Your Child with Anxiety</a></p> <p><b>Solihull approach</b>        Various online courses for parents/carers including children/young people at different ages, wellbeing needs, children with additional support needs.</p> <p>Password: TARTAN</p>