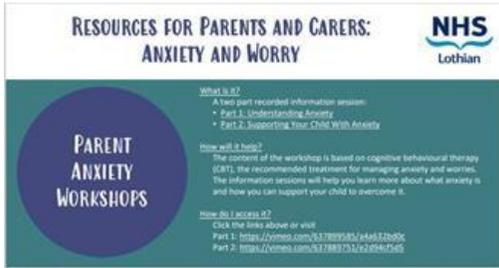




Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p>'Virtual workshops for parents & carers'</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>NHS Lothian</p>  <p>Part 1: Understanding Anxiety</p> <p>Part 2: Supporting Your Child with Anxiety</p> <p>UNDERSTANDING YOUR CHILD SOLIHULL APPROACH</p>  <p>Password: TARTAN</p> <p>Solihull approach Various online courses for parents/carers including children/young people at different ages, wellbeing needs, children with additional support needs.</p>