NHS

MENTAL HEALTH SUPPORT TEAMS

Childhood Anxiety

Does your child show signs of anxiety? Do you know what anxiety looks like in children and what might cause it?

The Mental Health Support Team (MHST) are a team of mental health specialists supporting children and young people through Cognitive Behaviour Therapy (CBT).

If you would like to learn more about anxiety and how you can support your child, please join the MHST for our workshop on:

Tuesday 17th November 2026

Wootey Infant School

10:30 AM

Book your place here

