

Anxiety Explained: What's Normal and When to Seek Support



Mental Health Support Team (MHST) Workshop

OBJECTIVES

- Explore how anxiety presents in different age groups.
- Identify signs when anxiety may require professional support.
- Discover practical calming and coping strategies.

TAKEAWAYS

- Some anxiety is healthy and motivates learning.
- Anxiety can look like avoidance, irritability, or physical symptoms.
- Parents can model coping strategies to support children.

October
22nd



12-1:30pm or
7-8:30pm

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