



Parents are key to identifying emerging Anxiety issues and building resilience in children and young people. Parents report a lack of user-friendly and accessible resources to support this. Our Multi-Agency Anxiety Toolkit resource includes a range of Top Tips sheets for parents to support normalising Anxiety, prevention and early intervention. These resources are quality-assured across a number of agencies and are flexible to support circulation individually to all parents via parent mail at agreed intervals, or as part of a school-based wellbeing event or parent information session. The resource could also be included in parent packs at key points (eg transition times).

Parent workshops – Emerging Anxiety

We have also included parent workshop session slides for Primary and Secondary schools covering emerging Anxiety, warning signs that parents can look out for, and key messages to children and young people agreed across agencies including NHS.

Please see below a list of parent top tip sheets – all accessible on www.healthyyoungmindsinherts.org.uk



Parents

- [Top tips for Parents series](#)

Topic areas;

1. [Five ways to wellbeing](#)
2. [Managing anxiety for over-16s](#)
3. [How to stay emotionally healthy and support your child's emotional wellbeing](#)
4. [How to help your child manage their anxiety during exams and tests](#)
5. [Listening to your child](#)
6. [Sleep](#)
7. [Autism and anxiety](#)

- Parent Support Groups for Anxiety

The Carers in Herts support network for parents of CYP attending HPFT CAMHS or Step 2. Contact <http://www.carersinherts.org.uk/>

Further information or support Please contact:

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