



Cheshire and Wirral
Partnership
NHS Foundation Trust

Wirral Mental Health Support Teams
CWP Wirral CAMHS
The Birch Centre, St Catherine's Hospital
Derby Road
Birkenhead
CH42 0LQ
Tel: 0300 303 3157

Date: 08/10/2020

Dear Parent/Carer

Two of our practitioners from Wirral CAMHS Mental Health Support Teams will be delivering a workshop about anxiety to your child's class at school. This is part of a "whole school approach" towards helping young people understand and manage their mental health and wellbeing.

The workshop will look at what anxiety is, how it can be helpful and unhelpful, and simple strategies your child can use to help them cope with anxiety at times they may be struggling. The workshop will last about an hour and will be delivered on the afternoon of **Thursday 15th October** to each year 4 bubble between 1 and 2pm or 2 and 3pm. If you **do not** wish for your child to attend the workshop, please contact the school before the workshop and this can be arranged.

In addition, two of our practitioners will be running a virtual workshop for parents on child anxiety, where it comes from and strategies to support your children in coping with anxiety when it is feeling problematic for them. This workshop will be held on **Thursday 15th October at 7pm** and is completely free to attend. If you would like to attend, please email the school office and provide the email address you would like to use so our practitioners can then email you a link to join the online session. The session can be accessed on any device with a screen but we would recommend using a computer, laptop or tablet for the best experience.

Yours Sincerely

Wirral Mental Health Support Teams

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