

## Supporting

**CAMHS Getting Help and Mental Health Support Team** 

**Berkshire Healthcare** 

Young People with Anxiety

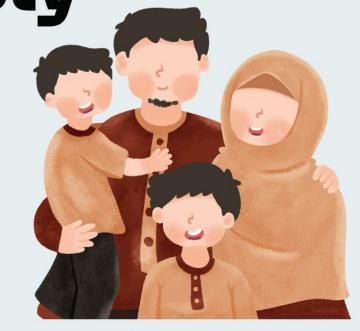
## What we will cover.

- Understanding the common anxieties which children and young people can struggle with
- How we can support our children with anxiety
- How to refer to the Mental Health
  Support Team

WEDNESDAY 2<sup>ND</sup> JULY 2025 10 - 12PM

Riverside Family Hub, West Dean, Off Ray Mill Road West

Contact: Arifa Naeem 07584205515



## For parents living in Windsor & Maidenhead

We will have staff who can speak Urdu, Punjabi and

Potwari



