

FREE

Dorset
Mental
Health
Support
Team in
Schools

NHS
Dorset HealthCare
University
NHS Foundation Trust

RESOURCES & ACTIVITIES
TO HELP CHILDREN MANAGE:

WORRIES

&
ANXIETIES
PARENT/CARER GUIDE



scan to download
or head to:

bit.ly/3OackTv

Dorset MHST have created a resource free to download for parents/carers with lots of different resources and activities to help manage children's worries and anxieties.

  
@DORSETMHST