



## Visyon Parent Webinar – Understanding and Managing Anxiety Watch Again

Our series of Parent Webinars are intended for you to find out information and gain practical ideas to support your children and young people with their mental health and wellbeing. The session on **Understanding and Managing Anxiety** looks at the features of anxiety, how it manifests in our thoughts, feelings and behaviours and looking at some coping strategies.

They are open to parents/carers living in Cheshire East and last for around 45 minutes. The webinars take place fortnightly on a Wednesday or Thursday morning (please see the website for links to book on these) If you have missed the live webinar or would like to recap then *please follow the link* below which will allow you to register to watch the recorded sessions.

### Understanding and Managing Anxiety **Recording Link:**

[https://us02web.zoom.us/rec/share/tU9y1LeIS4CkklrR0gLfhvS-clOCrP1KZ0YGUDMjKWUwrWnc4\\_L5c8TFPzwcky1k.MSTlhh1q5FFZiNRz?startTime=1614852288000](https://us02web.zoom.us/rec/share/tU9y1LeIS4CkklrR0gLfhvS-clOCrP1KZ0YGUDMjKWUwrWnc4_L5c8TFPzwcky1k.MSTlhh1q5FFZiNRz?startTime=1614852288000)

There are some **resources** mentioned in the webinar that you can find here:

<https://www.dropbox.com/home/Managing%20Anxiety%20Parent%20Webinar%20Resources>

We would really appreciate you also completing a **short survey** to help us improve what we offer, and also to demonstrate the importance of webinars to current and future funders.

<https://www.surveymonkey.co.uk/r/MKT6KGQ>

To find out more about ways in which you can support your child/family with their mental health please visit [www.visyon.org.uk](http://www.visyon.org.uk) or you might find the following links useful:

[www.youngminds.co.uk](http://www.youngminds.co.uk)

CAMHS [Resources \(mymind.org.uk\)](http://mymind.org.uk)

[On My Mind | Resources for Young People | Anna Freud Centre](#)

