

**CAMHS School In Reach**

Raglan House  
23 Between Towns Road  
Oxford  
OX4 3LX

Dear Parent/Carer,

The CAMHS School In-reach team have been asked to offer 3 consecutive sessions on common concerns both teenagers and parents have around anxiety. These sessions will explore the presentation of anxiety in adolescence and how to talk with young people about this. They will highlight the difference between appropriate levels of anxiety and when additional help might be needed. They will explore what might keep anxiety going and provides an overview of Cognitive Behavioural Therapy (an evidence-based treatment for anxiety) as well as several useful techniques which parents can use to support their child.

First session: 29<sup>th</sup> March (17:00 – 18:00) Discussion around normalising anxiety.

Second session: 26<sup>th</sup> April (17:00 – 18:00) Strategies to use for helping to cope with your child's anxiety

Third session: 17<sup>th</sup> May (17:00 – 18:00) Discussion about the strategies used and how to help them work for you.

It is important you attend **all** the sessions to enable you to a better understanding of anxiety.

Your co-facilitators for the 3 sessions are Becca Sheahan and Debbie Earnshaw from CAMHS (Child Adolescent and Mental Health).

Yours faithfully,