



Dear Parents,

During these unprecedented times, we are aware that many young people may experience heightened anxiety. Although some of this anxiety is normal, we are aware that these feelings may be new and unpleasant. We have therefore, created some webinar presentations to support you as parents, in supporting your child(ren) with understanding anxiety, and some strategies to manage anxiety with the current circumstances of COVID and Lockdown in mind.

Each webinar is under 25 minutes long and can be paused at any time. We recommend that you begin by watching the 'What is Anxiety?' and 'Strategies to Manage Anxiety' webinars, as these will provide a general understanding, and may be referred to in the other webinar presentations.

Each presentation has an online evaluation form which we would be grateful if you could complete. It should take you no longer than 2 minutes. During these evaluation forms, we ask if you would like to be invited to a live, virtual question and answer session with a CAMHS professional. This Q&A is a chance to ask questions about the content of the webinar and gain further understanding about your child's anxiety and how to access support.

The webinars can be watched using the YouTube links below – these are private videos so can only be access via these links. You can access the YouTube Playlist [here](#). We hope that you find these webinars helpful in supporting you through these difficult times.

Best wishes,

CAMHS Early Intervention Team

[For a better life](#)

| Webinar Topic | Video Link | Online Evaluation link |
|--|---|---|
| What is Anxiety? <i>Learn to recognise and understand the signs, symptoms and triggers of anxiety.</i> | https://youtu.be/k1vCa9IZmcA | https://forms.office.com/Pages/ResponsePage.aspx?id=rHaAl2a2rUCyonQH18EtbQF-qKbZwJGgLKDaVHcLrVUQk1ON0RMWkY1WlUyU05MUKVHUIc0VEpMMi4u |
| Strategies for Managing Anxiety <i>Explore strategies to manage your child's anxiety</i> | https://youtu.be/jQK7I7nokls | https://forms.office.com/Pages/ResponsePage.aspx?id=rHaAl2a2rUCyonQH18EtbQF-qKbZwJGgLKDaVHcLrVUQ08wRzBKUFBLU0VVUIY2VFNSMjhKM1c0Ui4u |
| Anxiety in the context of COVID-19 <i>Understand and support your child with anxieties related to COVID-19</i> | https://youtu.be/UbGjhVy8pfw | https://forms.office.com/Pages/ResponsePage.aspx?id=rHaAl2a2rUCyonQH18EtbQF-qKbZwJGgLKDaVHcLrVUMFZPUkU4VIRXUE5WVjhDMUc1WkhTRVVVWS4u |
| Transitions to a new school <i>Understand how transitions may be different, and tips on how to prepare and support your child for transitions.</i> | https://youtu.be/3PT2tsSO-ZQ | https://forms.office.com/Pages/ResponsePage.aspx?id=rHaAl2a2rUCyonQH18EtbQF-qKbZwJGgLKDaVHcLrVUOUVBVFQ1TDRZSFowVFpESFIBR0hTVDY0TS4u |
| Returning to school following lockdown and COVID-19 <i>Tips on adapting to the new normal, and how to prepare and support your child returning to school</i> | https://youtu.be/G4-Z1w2Agok | https://forms.office.com/Pages/ResponsePage.aspx?id=rHaAl2a2rUCyonQH18EtbQF-qKbZwJGgLKDaVHcLrVUNIZQRjFUVUdPNFozQTRYUTFOTTQ1MEpRUS4u |