



# MHST

## Parent Drop-In! Court Lane Infant School

Join our school link worker from the Mental Health Support Team for a chat surrounding anxiety.

**Parent/Carers Welcome!**



If your child is showing any of the following behaviours at home and/or at school and you would like to speak to someone about it please ring the school office to book an appointment on [02392378890](tel:02392378890). Examples of anxiety include:

- Not wanting to leave you
- Asking a lot of "what if" questions
- Worrying about bad things happening
- Feeling scared or afraid of something
- Avoiding certain situation/s
- Complaining of tummy aches and other physical anxiety symptoms.

**Wednesday  
6th July 2022**

**Between 9am & 10am**

**Mental Health Support Team**

An illustration of a cream-colored notepad on a blue textured background. The notepad is decorated with various stationery items: a purple pencil, a red pencil, and a red pencil with a blue eraser are at the top left; a red paperclip is at the top center; a pair of red-rimmed glasses is at the top right; a red pushpin is on the left edge; a red ruler is on the bottom left; and a purple spiral-bound notebook is at the bottom right. A large red brushstroke banner is centered on the notepad, containing the text '15 MINUTE SLOTS AVAILABLE'. Below the banner, there is a purple horizontal line and four time slots listed vertically.

## 15 MINUTE SLOTS AVAILABLE

9.00AM -

9.15AM -

9.30AM -

9.45AM -