



If you have any questions prior or issues logging on to the webinar, please contact teww.wimtwsa@nhs.net

ANXIETY WEBINAR

WEDNESDAY 30TH SEPTEMBER - 6PM TO 7PM

This webinar is aimed at young people and parents needing support and advice around managing anxious feeling.

WEBINAR FOCUS

- Understanding what we mean by anxiety
- Understanding different types of thoughts
- Exploring techniques for managing anxiety.
- Breathing and grounding techniques.

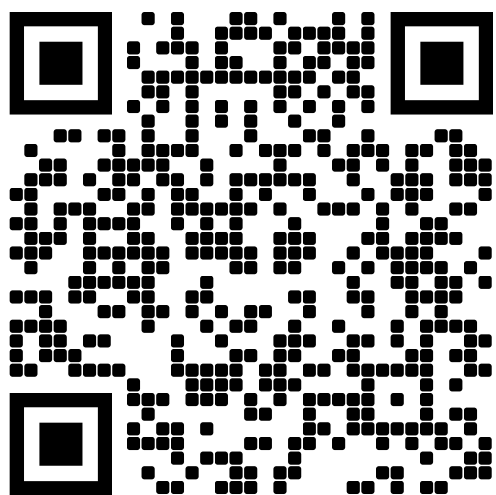


JOINING INSTRUCTIONS

To join our webinar please scan the QR code and follow the instructions to join using **Microsoft Teams**. You can also join using the following details:

Meeting ID: 364 086 290 656 467
Passcode: j5jR22f9

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