



Mental Health
Support Team
Portsmouth

MHST

Parent Drop-In!

Kings Academy College Park

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 023 9266 3645 . 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 28th June
2023**

Between 9 and 11-30am

Mental Health Support Team



15 MINUTE SLOTS AVAILABLE

9-10 am -

9-35 am -

10am -

10-20 am -

10-45am -

11-05 am -

11-25 am-