

# MENTAL HEALTH IN SCHOOLS TEAM

# WORKSHOP MENU



# 2022



## WORKSHOPS FOR YOUNG PEOPLE

**Me and my worries** 1 Hour  
*Key stage 1*

**Me and my worries** 1 Hour  
*Key stage 2*

**Coping well with SATS** 1 Hour  
*Year 6*

**6 Ways to wellbeing** 1 Hour  
*Key stage 2*

## PARENT WORKSHOPS FOR KEY STAGE 1 & 2

**Supporting your child with anxiety** 1 Hour  
*Key stage 1 & 2 age parents and carers*

**Managing challenging behaviour** 1 Hour  
*Key stage 1 & 2 age parents and carers*

**Helping your child manage their worries** 1 Hour  
*Key stage 1 & 2 age parents and carers*

## WORKSHOPS FOR YOUNG PEOPLE IN SECONDARY AND COLLEGE

**Managing worries** 1 Hour  
**Exam stress** 1 Hour  
**Understanding OCD** 1 Hour  
**Understanding and managing panic attacks** 2 X 45 minute  
**Understanding and managing social anxiety** 1 Hour  
**Improving low mood** 1 Hour

## PARENT WORKSHOPS FOR SECONDARY AND COLLEGES

**Supporting your child who struggles to control worry** 1 Hour  
**Supporting your child who struggles with Social Anxiety** 1 Hour  
**Supporting your child who struggles with Panic Attacks** 1 Hour  
**Supporting your child who struggles with Exam stress** 1 Hour  
**Supporting your child who experiences low mood** 1 Hour

This workshop menu is for children, young people, and parents. These can be arranged and delivered by MHST in school, via teams or within a clinic. Contact [info@oasissholing.org](mailto:info@oasissholing.org)