

Understanding Phobias:

What is it and how can you support your child?

A phobia is an overwhelming and debilitating fear of an object, place, situation, feeling or animal. It can be hard to know how to help your child with phobias as their fear is very real for them.

- Me & My Mind provides an **online** 1-hour workshop on understanding phobias and what they might look like for a child.
- The workshop includes strategies to help Parents and Carers to manage phobias at home.
- Including resources and activities ideas that you can do at home with your family.

Tuesday 5th July 2022, 1pm to 2pm

[Click here to book a space](#) or email us

Me & My Mind is a Children's Mental Health service working in your school.

We can be contacted on:

Email: mhst.info@eastsussex.gov.uk

Call: 01273 335585



or scan the QR code for a short film about our team.



A helping hand with your mental health

me & my mind

East Sussex Mental Health Support Team