

Understanding and Supporting Anxious Children

It is common for tamariki/children to experience stress and anxiety. This 1 hour presentation aims to equip caregivers, and those working with tamariki, with a basic understanding of anxiety and supporting children experiencing stress or panic.

Participants will learn to:

- Recognise common symptoms of anxiety
- Brief child-friendly interventions to reduce anxiety
- Know when and how to seek professional support

Presented by: Goldie Hamilton, National Manager.

Goldie manages Anxiety NZ's 0800 ANXIETY Helpline, coordinates the Helpline Collaboration Group Aotearoa NZ, and provides nationwide workshops. She has a Masters in Health Psychology and years of experience training and supporting the 0800 ANXIETY Helpline team.

Anxiety NZ Trust is a non-profit charity providing national mental health support, treatment, and education since 1980.

For information about our community education please visit:

www.anxiety.org.nz/services/community-education

Free 24/7 [0800 ANXIETY Helpline](http://www.anxiety.org.nz) (0800 269 4389)

www.anxiety.org.nz / (09) 846 9776