

# Dealing with Anxiety – Our Programmes



## WHAT IS ANXIETY?

Anxiety is a feeling of worry, nervousness, or unease, typically about an event or something with an uncertain outcome.

Anxiety is the number one reported mental health issue in every school across Northern Ireland, from pupils, parents and teachers. However, anxiety doesn't have to be the driving force in our lives.

## HOW WE CAN HELP

Familyworks has designed a simple, 4-part programme for schools wishing to give their pupils, staff and parents good mental health tools to put anxiety back in its place in our lives.

With programmes for 7-11's, 11-19's, parents and staff, we offer sound, simple, research based training that will provide participants with the skills and motivation to begin to take control of anxiety and develop range of skills to put anxiety on the back foot.

The programmes are available for all of pupils in Northern Ireland including those in our special schools.

## OUR PROGRAMMES

### Primary School

Age Group: 7-11 yrs

Programme: Anxiety - Not the Boss of Me!



### Post-Primary School

Age Group: 11-19yrs

Programme: Anxiety - Taking Back Control



### Teachers and staff

Programme - Anxiety - Put Yourself in the Driver's Seat Again

