

## WORRY MANAGEMENT GROUP

### INFORMATION FOR PARENTS

#### Bury MHST & Cams Lane

Bury Mental Health Support Team (MHST) work closely with Cams Lane Primary School to help school staff to identify emerging worry, anxiety and low mood and provide information and support through assemblies, group work and 1:1 support.

#### Anxiety and Worry in Children

Anxiety is a normal emotion – it's one of our body's natural reactions to stress. For children and young people some level of anxiety is normal as they grow up and learn to navigate the world. Anxious feelings are experienced in our bodies and may include our hearts racing or butterflies in our tummies. Anxious thoughts and worry occur in our mind. Worry is common in children as they navigate their everyday and any change e.g. What if I forget my homework? What if I get lost? What if my friend is cross with me?

#### Worry Management Group

We know that transitioning to high school can trigger feelings of worry in Year 6 pupils therefore we are planning a 6-week fun and relaxed, worry management group commencing **Monday 8<sup>th</sup> June 2026**.

The group will be facilitated by Hannah Prestage and Ruby Spurgeon (Trainee Education Mental Health Practitioners).

#### Group Info:

- Maximum of 8 places
- Age: Year 6
- 6 x 60 minute sessions (Monday Afternoons)

#### Session Content:

- What is worry?
- Sorting Worries
- Problem Solving
- Worry Time
- Getting used to not knowing
- Making a handy worry management plan

# YEAR 6

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#### This group may suit your child if...

- ✓ They haven't had any previous mental health support from MHST, RISE or CAMHS.
- ✓ Their symptoms of worry are emerging and have been present for less than 12 months.
- ✓ They worry about "general" things and their anxiety is not specifically linked to a challenging event e.g bereavement or parents separating.
- ✓ They are starting to have "what if...?" worries about going to high school.

#### Expressing your interest

If you feel that your child may benefit from the group, please email **[Senco.CamsLane@bury.gov.uk](mailto:Senco.CamsLane@bury.gov.uk)** to express your interest and provide consent for a referral to Bury MHST.

Your child will then be required to complete a "pupil voice" sheet at school and a consultation meeting will be held between Miss Rosario and a MHST practitioner.

**Deadline to express your interest: Wednesday 13<sup>th</sup> May 2026.**

#### Referral Process

- 1) A referral will be submitted by school to Bury MHST.
- 2) A MHST practitioner will contact you for a parent telephone consultation to gather further information about your child. This telephone call usually takes between 20-40 minutes.
- 3) The information gathered in the referral and consultation will be screened.
- 4) If it is felt the group might be suitable for your child's needs, an assessment appointment will be arranged with your child at school.
- 5) Your child will be offered a place on the group or alternative support may be considered.