




# You're invited...


**'Worries and Wobbles – what you need to know about anxiety at the start of post-16 education'**

## What can you expect?



We are hoping to be able to explain to you what anxiety is, and help you to understand what the impacts of living with anxiety are. We will explore the boundaries between what counts as a 'normal' level of worry, and anxiety that you might need additional help with. Most importantly, we're hoping to give you a few clues as to what you can do to combat anxiety. Starting post-16 education, even if you stay on at the school you have been at previously, brings a host of changes and challenges. It's a whole new world! We will have a guest speaker coming along to give us the benefit of her experience as a young person who has just finished her sixth-form studies. There will also be as much, or as little, advice on coping strategies for anxiety as you can stand!

## Who is running this event?



The Mental Health Support Team. We are all CBT\* practitioners who work with young people in Island schools.

**You do not have to be enrolled at The Island VI Form college to come along to this event – it's for all students going into yr12 (or equivalent) from any Isle of Wight school or college.**

**Where:** The Island VI Form, Upper St James Street, Newport PO30 1LJ.

**When:** Thursday 14th September, starting at 4pm. It will definitely finish by 6pm.



**mental  
health  
support  
TEAM**

\*Cognitive Behavioural Therapy