

October 8<sup>th</sup>  
2020 @ 1pm

Register for the free mental health webinar [here](#) to receive a link before the event.

# ANXIETY: TIME TO CHANGE THE LENS

## MARK SMYTH

SENIOR CLINICAL PSYCHOLOGIST IN CAMHS & PRESIDENT OF  
PSYCHOLOGICAL SOCIETY OF IRELAND

“THIS IS AIMED  
AT HELPING TO  
UNDERSTAND  
ANXIETY IN  
OURSELVES  
AND CHILDREN  
AND HOW WE  
CAN COPE  
WITH IT IN OUR  
LIVES”

