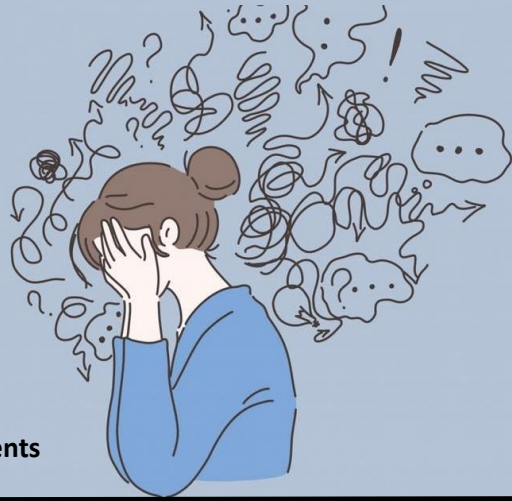


Dealing with Anxiety

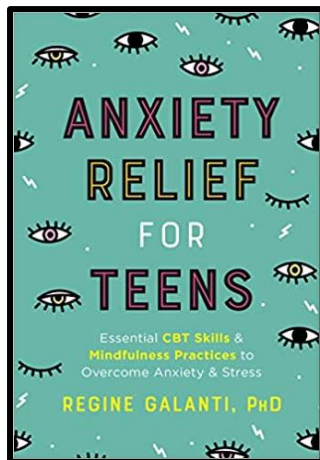
Sources of information and support for parents and students



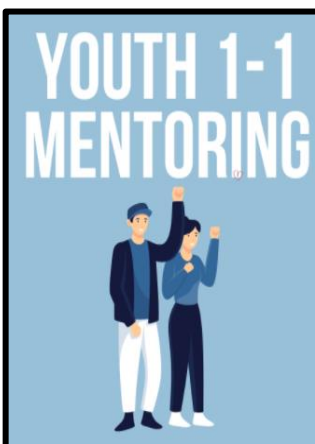
If your child is experiencing high levels of anxiety, it can be worrying for you as a parent or carer.

This booklet from the Charlie Waller Charity will help you understand anxiety more clearly and begin to address it. There are many ways to help your child – and you – to deal with this common but distressing experience.

Visit <https://charliewaller.org/resources/supporting-a-child-with-anxiety>



With *Anxiety Relief for Teens*, Dr. Regine Galanti teaches you how CBT-based skills and mindfulness techniques can help you manage your anxiety and reverse negative patterns. Through simple and effective exercises that help you change your thoughts, behaviours, and physical reactions, this helpful guide gives you the tools you need to navigate all of life's challenges.



No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.

No Panic's Youth One-to-One Mentoring Recovery Programme is a 6-week, one hour per week telephone course with a No Panic Mentor. We use cognitive behavioural therapy to develop an understanding of the relationship between thoughts, feelings, actions and physiology. It also explores interventions that youths can make in relation to changing their way of thinking and behaviour.

A course of sessions costs £10. You will also need to purchase a Youth No Panic Membership for £5 to be able to access this support.

Visit www.nopanic.org.uk or call 01952 680460 for further details.

