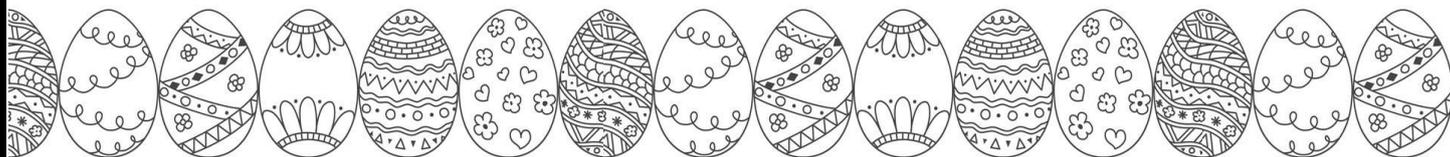


Help for the Holidays: Focus on Anxiety

Easter 2022

A guide to sources of anxiety support for Broadwater parents and students. For information about other support and services please refer to the wellbeing section on the Broadwater School website.



Wellbeing Support Information & Signposting

A quick guide to sources of support for Broadwater parents and students

Get help in a mental health crisis

Mental Health Crisis Helpline: 0800 915 4644



24 hour support for people in Surrey and North East Hampshire experiencing a mental health crisis

Please note: this number is now also the 24/7 mental health crisis line number for children, young people and their families. Please call 0800 915 4644 if you're in crisis or worried about yourself or a young person.

If you have speech or hearing difficulties, you can contact us through:

- SMS text: 07717 989024
- for text support for people with hearing impairments, dial 18001 0800 915 4644 from your text phone or smartphone app. More information at www.relayuk.bt.com

If you or someone else is in a life-threatening situation then ring 999 immediately.

If you urgently need medical help or advice but it's not a life-threatening situation, you can call 111.

Online Support



A free, anonymous and confidential website where young people can go for help, advice and to talk to a trained counsellor online



CYP Haven is situated in Guildford town centre and provides a safe place where anyone aged 10-18 years old can speak to a qualified mental health professional. For more information go to cyphaven.net



Visit mind.org.uk to find information, support and guidance on how to deal with different mental health issues. There is a separate section for young people aged 11-18.



Create a Mind Plan on NHS Every Mind Matters – answer 5 short questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Mindworks Surrey



Mindworks Surrey is the new emotional wellbeing and mental health service for children and young people in Surrey.

Visit <https://www.mindworks-surrey.org/> to find a wealth of information about support and services available.

Support for Anxiety – Useful Websites

Anxiety UK

Provides information, support and advice for anyone struggling with anxiety.



Opening times: 9.30am-5.30pm, Monday-Friday

[03444 775 774](tel:03444775774)

[07537 416 905](tel:07537416905)

support@anxietyuk.org.uk

No Panic

Supports people struggling with panic attacks, phobias, obsessive compulsive disorder (OCD) and other anxiety-related issues - and provides support and information for their carers.



Offers a specialist youth helpline for people aged 13-20. The opening hours are 3pm - 6pm, Monday - Friday; 6pm - 8pm, Thursdays and Saturdays.

Call 01952 680835 for a recorded breathing exercise to help you through a panic attack (available 24/7).

Opening times: 10am - 10pm, 365 days a year

[0300 772 9844](tel:03007729844)

[0330 606 1174 \(Youth helpline\)](tel:03306061174)

sarah@nopanic.org.uk

OCD Action

Offers support and information to anybody affected by obsessive compulsive disorder (OCD).



Website provides information and advice to help you access treatment.

Opening times: 9:30am - 8pm, Monday - Friday

[0300 636 5478](tel:03006365478)

support@ocdaction.org.uk

The Mix

Offers support to anyone under 25 about anything that's troubling them. Email support available via their [online contact form](#).



Free [1-2-1 webchat service](#) available.

Free short-term [counselling service](#) available.

Opening times: 3pm - 12am, seven days a week

[0808 808 4994](tel:08088084994)

Support for Anxiety – Useful Apps



MeeToo

A free app for teenagers (11+) providing resources and a fully-moderated community where you can share your problems, get support and help other people too.



Calm Harm

Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.



Clear Fear

Clear Fear uses the principles of Cognitive Behaviour Therapy (CBT) to help you learn to reduce the physical responses to anxiety as well as changing thoughts and behaviours and releasing emotions.



Worry Tree

Worry Tree helps you to catch worries and negative thoughts in the act, record and challenge them and where possible deal with them or change them.



Finch

Finch is a self care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of self-care exercises personalised for you.



Smiling Mind

Smiling Mind is a free mindfulness and meditation app developed by psychologists to help bring balance to your life.

How to Support Your Child in an Anxious Moment – Young Minds

When your child is in the middle of a very anxious moment, they may feel frightened, agitated or worried about having a panic attack. The important thing to do in the moment is to help them calm down and feel safe.

These strategies can help:



Breathe slowly and deeply together.

You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it works for them, gradually encourage your child to breathe out for one or two counts longer than they breathe in, as this can help their body relax.



Sit with them and offer calm physical reassurance.

Feeling you nearby, or holding your hand or having a cuddle if it's possible, can be soothing.



Try using all five senses together.

Connecting with what they can see, touch, hear, smell and taste can bring them closer to the present moment and reduce the intensity of their anxiety. You might think together about five things they can see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste.



Reassure them that the anxiety will pass and that they will be okay.

It can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller.



Ask them to think of a safe and relaxing place or person in their mind.

If you haven't tried this before, agree with them when they're feeling calm what this place or person is. It could be their bedroom, a grandparent's house, a favourite place in nature or somewhere they've been on holiday. Sometimes holding a memento of a relaxing place, like a seashell or pebble, can help.



Encourage them to do something that helps them to feel calmer.

This could be running, walking, listening to music, painting, drawing or colouring-in, writing in a journal, watching a favourite film or reading a favourite book.

YOUNGMINDS
fighting for young people's mental health

**Parents Guide To
Support A-Z**

Click on the image above for an A-Z guide on how to support young people with anxiety and other mental health issues from the Young Minds website.

Dealing with Anxiety



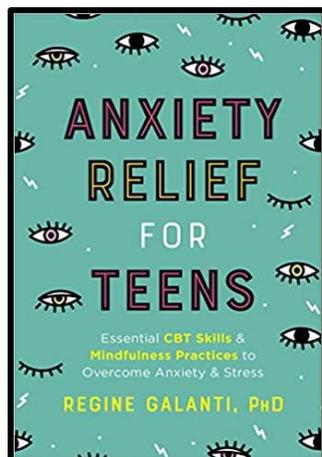
Sources of information and support for parents and students



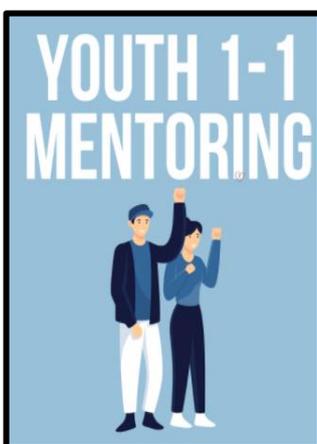
If your child is experiencing high levels of anxiety, it can be worrying for you as a parent or carer.

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.



Helping teenagers take charge
of their own mental wellbeing

The Green Hub Project for Teens Volunteering – Learning - Connecting



The Green Hub Project for Teens is a local community project based in Milford, aimed at promoting the wellbeing of teenagers' mental health through social and therapeutic horticulture.

We support teens with low to moderate social anxieties, stress and overwhelm and, in partnership with parents, GPs, schools and youth agencies, we enable teen referrals to enjoy therapeutic timeout in nature, gardening alongside our skilled volunteers and other teenagers.

- Website: www.greenhub.org.uk
- Parent referral: <https://greenhub.org.uk/contact-us/parent-referral/>
- What teens say: <https://greenhub.org.uk/working-with-teens/what-teens-say/>
- Online support for teens and parents: <https://greenhub.org.uk/online-help/>



Family Learning have a new course aimed at secondary school parents.

This is a 3-week course delivered on Zoom called 'Supporting your Teenager' which will cover:

- the 'teenage brain'
- teenage behaviour
- strategies to help support emotional and social development linking to anger, anxiety and impulsive behaviour

Parents can enrol through the link below.

[Family Learning-Supporting your Teenager Courses](#)

Family Learning



Surrey
al
Adult Learning

Need some support with parenting but don't know where to look?

Surrey Family Learning offers **FREE** courses and workshops to help you create a better family life.

Are you worried about your child's behaviour or development, or see your child struggling in school?

These courses can benefit you and your child. Book online today at:

www.surreycc.gov.uk/familylearning



...or scan here

Courses available

- **Parenting** Help understand your children and teenagers' behaviour, anxiety and mental health. Learn support strategies.
- **English as an Additional Language** Support for you and your child with English and how education in England works.
- **Maths** Learn about methods used in schools today.
- **Cookery** Be inspired and cook healthy family dishes together.




SURREY
COUNTY COUNCIL

0315F