

Anxiety



Websites

Youngminds | youngminds.org.uk

A useful website for young people and parents/carers providing information on what anxiety is, the symptoms it presents and how you can be helped.

No Panic | nopanic.org.uk

Provides a range of free resources for young people to help with anxiety.

Kooth | kooth.com

Free online counselling service for young people aged 11-18. No wait lists, anonymous and professionally moderated.

Anxiety UK | Anxietyuk.org.uk

Provides support for those either diagnosed anxiety or those who suspect they have an anxiety condition.

Apps

CBT Tools for Youth

App designed to help children learn effective strategies for understanding and managing anxiety. Age 8-18.

Self Help Anxiety Management (SAM)

A useful App for children with self-help techniques including multimedia and mini games.

Smiling Mind

An App specifically targeted at young people experiencing stress, anxiety or depression. It aims to teach young people about mindfulness meditation.

Getting Help

Time to Talk | t2twb.org

Free confidential counselling service for young people aged 11 -25.

Emotional Health Triage |

The Emotional Health Triage is West Berkshire's front door to early intervention emotional health services working with young people aged 0 to 19, with emerging emotional health difficulties.

AnDY Clinic | research.reading.ac.uk/andy/

Andy offer assessments, treatment and research to children and young people aged 7-17 who are experiencing difficulties with anxiety and/or depression. Andy accept referrals to the clinic via the Berkshire Healthcare NHS Foundation Trust Child and Adolescent Mental Health Service (CAMHS) Common Point of Entry (CPE).

SAFE! | safeproject.org.uk

Offers support to young people aged between 8-25 years old who have been hurt by crime and/or bullying.

Books

Helping Your Child with Fears and Worries | [Creswell & Willetts \(2019\)](#)

This book teaches parents how to use cognitive behavioural techniques with their children and in doing so, become their child's therapist, helping them to overcome any fears, worries and phobias.

A Boy and a Bear - The Children's Relaxation Book | [Lori Lite](#)

A book for 3-10 year olds that teaches young children how to relax and calm themselves.

Sweet Dreams and Monsters | [Peter Mayle](#)

A beginner's guide to dreams and nightmares and things that go bump under the bed. An extremely fun book for younger children in discussing dreams and nightmares.