Anxiety and Worry in Children

The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact ShropshireFIS@shropshire.gov.uk and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website www.shropshire.gov.uk/early-help

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Below are some services that can help parents, children and professionals when a young person is suffering with Anxiety.

**Mind**

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Mind offer a wide range of services to support people suffering with a mental illness from publications, helpline, and online support groups as well as face to face support groups. Below are some of the services they provide.

**What do Mind offer?**

Local support groups – Below is the local support group for Shrewsbury Mind


Suite 3 and 4, Observer House, Holywell Street, Shrewsbury, SY2 6BL

Phone: 01743 368647

Email: admin@shropshiremind.org

Website: [http://www.shropshiremind.org](http://www.shropshiremind.org)

Opening hours: Monday to Friday: 9am - 5pm

**Services provided:**

- Befriending scheme
- Counselling
- Support groups
- Volunteer opportunities
- Women's groups and services
- Self-harm support group

Mind also offer a wide range of ways to make contact to gain support-


**Elefriends**

Elefriends is a supportive online community where you can be yourself. We all know what it’s like to struggle sometimes, but now there’s a safe place to listen, share and be heard.

http://elefriends.org.uk/

**Young Minds**

YoungMinds is the UK’s leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice.

**What do young minds offer?**

Anxiety information – factsheets, support, advice,

http://www.youngminds.org.uk/for_parents/worried_about_your_child/anxiety

Contacting YoungMinds - YoungMinds does not offer advice to young people – the helpline service is for parents or carers worried about a child or young person.

Call (for general enquiries about YoungMinds): 020 7089 5050

http://www.youngminds.org.uk/contact

Parents helpline- Parents can call for advice and support regarding their children.

0808 802 5544 (Monday to Friday, 9.30am to 4pm)

http://www.youngminds.org.uk/for_parents

If you're struggling with how you feel and need to talk, these organisations are there to listen. Don't suffer in silence - pick up the phone, drop them a line or visit their websites. The link to these is below.

- Childline
- Get Connected
- Samaritans
- FRANK
- B-EAT youth helpline
- TheSite.org
- Youth Access
- Children’s legal centre

http://www.youngminds.org.uk/for_children_young_people/better_mental_health/organisations_that_could_help
Rethink Mental Illness.
Since 1972 we have been challenging attitudes and changing lives, helping people living with conditions like schizophrenia, bipolar disorder, personality disorders and more to recover a better quality of life.

http://www.rethink.org/diagnosis-treatment/conditions/anxiety-disorders/about?gclid=CIa7rNfxs8MCFelSwwodejMA2g

Contacts
http://www.rethink.org/about-us/contact-us
http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=XfzbLSMAcKc&familychannel=0
0300 5000 927 Advice Service open 10am to 2pm Mon to Fri (local rate call)
0121 522 7007 Supporter care (general enquiries) open 9am to 5pm Mon to Fri

Anxiety UK
Anxiety UK is the nation’s leading anxiety disorders charity, with more than 40 years of making a difference to the everyday lives of those affected by anxiety. The charity has won a number of high profile awards, including the Queen’s Award for Voluntary Service for its dedication to those affected by anxiety. Anxiety UK has a range of services available exclusively to members, including access to reduced cost therapy. Above all, membership offers a community of like-minded people who provide support and understanding for anyone experiencing problems as a result of anxiety.

https://www.anxietyuk.org.uk/
http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=EuMbKHCb_ws&familychannel=0
Tel: 08444 775 774 (open Monday to Friday 9.30- 5.30)

Moodjuice.
Moodjuice is designed to help you think about emotional problems and work towards solving them. Emotional problems are often the mind and body’s way of saying that something needs to be changed in our life. This is not a Shropshire service but does have some useful information on.

Moodjuice is an internet based self-help resource which does not have the facility to offer tailored advice or signposting for individual circumstances. The team is focused on the maintenance and development of the online resources and website itself. They are not able to offer specific advice or support.

http://www.moodjuice.scot.nhs.uk/Contact.asp
Shropshire anxiety clinic

http://www.therapeutic-change.co.uk

I normally work with adults, although I did once work with a young man just turned 17 - but this was with his mother’s support and his GP’s agreement. I charge £35.00 for a session although I do make individual arrangements or waive the fee where the client does not have the necessary resources. I actually only need to cover costs as I’m largely retired - although I’m always willing to help where I can and where there is a need.

No Panic

No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.
Helpline: 0844 967 4848
http://www.nopanic.org.uk/contact-us/
http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=p0sMuYC07Ls&familychannel=0

Resources that might help.

- Royal College of Psychiatrists- Worries and anxiety factsheet
  http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/worriesandanxieties.aspx

- CAMHS recommended “overcoming your child’s fears and worries” book. The link to this on Amazon is below.
  http://www.amazon.co.uk/Overcoming-Your-Childs-Fears-Worries/dp/1845290860

- Mind – Anxiety

- Young minds- Anxiety Factsheets
  http://www.youngminds.org.uk/search?q=anxiety

- Childline – Anxiety
  http://www.childline.org.uk/Explore/Anxiety/Pages/About-anxiety.aspx

- Anxiety UK – Factsheets, CD’s, Books
  https://www.anxietyuk.org.uk/products/category/anxiety

- NHS- Anxiety booklets
- Easy read guide to Anxiety for people with learning disabilities

- Rethink
  http://www.rethink.org/diagnosis-treatment/conditions/anxiety-disorders

- Mental Health Foundation
  http://www.mentalhealth.org.uk/help-information/mental-health-a-z/a/anxiety/

- Young people with Anxiety

- Moodcafe – Anxiety UK booklet for “children and young people with Anxiety”
  http://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf
  Moodcafe- List of resources
  http://www.moodcafe.co.uk/books-that-can-help.aspx
  Moodcafe- Children and young people with anxiety a young person’s guide.
  http://www.moodcafe.co.uk/media/20326/youngpersonsguide.pdf

**Worry Books for Primary school age children**

- Book_What To Do When You Worry Too Much.pdf
- Book_The Huge Bag Of Worries.pdf