



Supporting Children and Young People who feel Anxious

Signs and symptoms to look out for:

Are they...?

- Restless
- Having chest pains
- Getting headaches
- Losing their appetite
- Not sleeping well
- Avoiding situations
- Needing lots of reassurance
- Having panic attacks

As a trusted adult you can provide support just by listening and valuing the feelings the child/young person is expressing.

You can suggest the following tips and useful resources:

- [Being active](#) is great for your body and mind, it releases endorphins 'happy chemicals' that make you feel good.
- Sleep is extremely important for everyone and at different ages we are advised we need different amounts of sleep. This document will give [children and young people information about sleep](#).
- [Anxiety action plan](#) to help you recognise what may trigger your anxiety.
- Help when [experiencing panic attacks](#).
- [Five Finger Breathing](#), a simple guided breathing exercise.
- It's common to develop anxiety at some point. Find out [here](#) what causes it and what you can do to feel better.

Free local support services for children and young people:

[Kooth](#) is a free, safe anonymous online counselling and support service. Young people can access Kooth's counselling service, self-help resources, peer to peer forums and interesting articles written by young people for young people.

- **Age range:** 10-25 years
- **Referral process:** self-referral
- **Opening times:** until 10pm every evening, 365 days a year

[The BREW Project delivered by Invictus Wellbeing](#) offers children and young people who present with personal, social, emotional concerns to access bespoke support sessions.

- **Age range:** 5-17 years
- **Referral process:** [online referral form](#)
- **Opening times:** Monday to Friday, 9am-5pm (referrals only)
- **Contact details:** 01422 730015 or support@invictuswellbeing.com

[Time Out delivered by Healthy Minds](#) helps children and young people 'find their thing', through activities such as arts, crafts, sports, singing and drama sessions. Time Out also has a **Listening Line** which provides support and advice for students. **Text 07418 311736**. They offer three sessions with a project worker to talk through worries.

- **Age range:** 10-19 years
- **Referral process:** self-referral
- **Contact details:** 01422 345154 or timeout@healthymindscalderdale.co.uk

[Calderdale School Nursing Team](#) Identify health needs, help manage long and short-term conditions in education settings for children and young people.

- **Age range:** 5-19 years (up to 25 for young people with SEND)
- **Referral process:** [online referral form](#)
- **Contact details:** 030 3330 9974 (duty line)
- **Opening times:** 2pm – 5pm

Anxiety can become a problem when a child or young person feels stuck in it, or when it feels like an overwhelming, distressing, or unmanageable experience for them. If the child or young person experiences these feelings for a prolonged time and interventions do not improve how they feel, you may need to consult the First Point of Contact for [Open Minds \(CAMHS\)](#) to see if a referral is necessary.

- **Age range:** 5-18 years
- **Referral process:** [online referral form](#)
- **Contact details:** 01422 300 001
- **Opening times:** Monday – Friday 9am – 4.30pm (open until 6pm on Tuesdays & Wednesdays in term time)

Advice for parents and carers:

[Is your child feeling stressed, worried, or uncertain?](#) This leaflet provides parents and carers with some top tips, useful resources, and links to local support services here in Calderdale.

Free training offer for staff and students:

- Training workshops are available for **school staff** around EHWB. This is delivered by Open Minds (CAMHS) training@calderdalecamhs.org.uk
- Training workshops are available for **students** around EHWB. This is delivered by Healthy Minds, Time Out Tara@healthymindscalderdale.co.uk
- Training workshops are available for the **wider workforce** around EHWB. This is delivered by Open Minds (CAMHS) training@calderdalecamhs.org.uk