**SEMH Digital Resources and Links for Anxiety**

**ACAMH** - The Association for Child and Adolescent Mental Health Topic Guides <https://www.acamh.org/topic/anxiety-disorders/>

**Action for Children – ASD and Anxiety**

<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2019/april/autism-and-mental-health-what-parents-need-to-know/>

**Anna Freud Centre**

**Video** <https://www.youtube.com/watch?v=H9UaMZ3hLAU&feature=youtu.be>

**Mentally Healthy Schools – explaining anxiety to a child**

<https://www.mentallyhealthyschools.org.uk/resources/how-to-explain-anxiety-to-your-child/?searchTerm=anxiety>

**Anxiety UK**

<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

**BBC Radio 4 Programmes**

All in the Mind - Childhood anxiety

<https://www.bbc.co.uk/sounds/play/m000676j>

[Bringing Up Britain - Series 12 - Generation Anxious - BBC Sounds](https://www.bbc.co.uk/sounds/play/m0006l8q)

**Barnardos 5 things you need to know**

<https://www.barnardos.org.uk/blog/5-things-you-need-know-about-anxiety?utm_source=email&utm_campaign=sep_enews&utm_medium=referral&source=&dm_i=1K6H,6HX4D,P711TH,PSNU3,1>

**Bristol Anxiety booklet**

<https://www.bristol.gov.uk/documents/1904666/2206462/Anxiety+booklet/3247047e-7f45-a1ca-a4d9-2410c7f4431b>

**Child Anxiety Network**

https://www.childanxiety.net/

**Childline**

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/about-anxiety/>

**Neufeld Institute – Understanding Anxiety in Young Children** <https://neufeldinstitute.org/understanding-anxiety-in-young-children/?fbclid=IwAR2neODQ14M5PZne7dRVIRM-Wk9KpjYLxx2xXCVpj1nq6X-UiqvVffaU6H8>

**NHS** - <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

**No Panic – Youth Resources** <https://www.nopanic.org.uk/youth-resources/>

**Piplo Productions – book – Once I Was Scared – animation** https://piploproductions.com/stories/once/

**Place2Be Anxiety Tips**

https://www.place2be.org.uk/support-us/helping-you-support-your-child-place2be-newsletter.aspx?utm\_source=Place2Be+Sign+ups&utm\_campaign=ace0907e22-Supporters\_CMHW\_EMAIL\_FEB\_2019&utm\_medium=email&utm\_term=0\_a4e1493eee-ace0907e22-169225165

**Pooky Knightsmith -** Anxiety – 3 common myths and misconceptions - <https://www.youtube.com/watch?v=8dPOhmIhuK4&feature=youtu.be>

[4 ideas for supporting a child with anxiety](https://www.youtube.com/watch?v=VbMUMFxjv40)

**Anxiety – 6 ways to make it more manageable** <https://www.youtube.com/watch?v=zkr6XzrZhc8&feature=youtu.be>

**Anxiety Hacks:** These videos share simple ideas that can be used to manage anxiety; these can largely be used with any age and could be shared directly with young people:

[Using music to flip your mood](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=8bb49a4764&e=531e59cdb6)

[Positive affirmations + 10 affirmations to try](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=b1ba4a9b82&e=531e59cdb6)

[Safe space visualisation](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=2125e61002&e=531e59cdb6)

[Mindful Moments](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=27404db4ac&e=531e59cdb6)

**Calming and breathing strategies:**

[Finger Breathing: a simple guided breathing exercise for kids](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=4c4b1fa97c&e=531e59cdb6)

[Self-Soothe Boxes - what, why, how?](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=c1454c118f&e=531e59cdb6)

[3 ways to calm things down](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=a10de8059d&e=531e59cdb6): write and rip, 54321 and box breathing

**Tips for parents or other supporting adults:**

[3 Tips for Parents:](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=16c1beb445&e=531e59cdb6) model confidence, worries vs problems, fill your own cup

[3 more Tips for Parents:](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=68a8df7e79&e=531e59cdb6) normalise, be a worry detective, work with avoidance

[Anxiety: 6 ways to make life more manageable](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=986beb3deb&e=531e59cdb6)

[4 ideas for supporting a child with anxiety](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=e10bd442ca&e=531e59cdb6)

**Staff training videos:** bitesize CPD sessions are short videos with pause points for reflection to enable short sharp bursts of training in staff meetings:

[Starting the school day right for kids who struggle](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=8a466791bf&e=531e59cdb6)

[Using stock phrases to respond calmly to meltdowns](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=7100762082&e=531e59cdb6)

**Books**

When You Worry Too Much: 21 Books to Help Kids Overcome Anxiety, Worry, and Fear

<https://www.amightygirl.com/blog?p=22612&utm_source=newsletter&utm_medium=email&utm_campaign=20190318&ts=20190318>

[The healthy coping colouring book and journal](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=fc703617bb&e=531e59cdb6)

[My Anxiety Handbook: Getting Back on Track](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=07eed6db70&e=531e59cdb6)

[Starving the Anxiety Gremlin](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=6cfd545c72&e=531e59cdb6)**(10+)**

[Starving the Anxiety Gremlin for Children Aged 5-9](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=7b0a7e7064&e=531e59cdb6)

[No Worries! Mindful Kids:](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=b4146978e6&e=531e59cdb6) **An activity book for young people who sometimes feel anxious**

[We're All Mad Here:](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=45808c1ada&e=531e59cdb6) **The No-Nonsense Guide to Living with Social Anxiety**

[All birds have anxiety](https://inourhands.us4.list-manage.com/track/click?u=0e2d699027492782e39ce9f49&id=12a304d105&e=531e59cdb6)

**RCPSYCH – worries and anxiety**

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-and-anxieties?searchTerms=Anxiety%20in%20Children>

**Shelf Help**

<https://www.littleparachutes.com/?s=anxiety>

[https://reading-well.org.uk/books/books-on-prescription/young-people-s- mental-health/anxiety-worry-and-panic](https://reading-well.org.uk/books/books-on-prescription/young-people-s-%20mental-health/anxiety-worry-and-panic)

<https://www.weareteachers.com/books-for-kids-with-anxiety/>

**Well at School** <https://www.wellatschool.org/anxiety-disorders>

**Young Minds** <https://youngminds.org.uk/find-help/conditions/anxiety/>

**Youtube videos**

Social Anxiety: [ANXIETY FOR KIDS | YOU \*ARE\* NORMAL!](https://www.youtube.com/watch?v=8BwC-AXKv-c)

Childline

<https://www.youtube.com/watch?v=pvM_TtQi9DU&t=21s>

[Helping Anxious Kids: Practical Tips](https://www.youtube.com/watch?v=ri1CKtfyEuE)

**OCD – Obsessive Compulsive Disorder**

**SEN Magazine – article on living with OCD at home and school**

<https://senmagazine.co.uk/home/articles/senarticles-2/living-with-ocd>

**Well at School**

<https://www.wellatschool.org/ocd>

**Stress**

|  |
| --- |
| **Bristol – Stress booklet**  <https://www.bristol.gov.uk/documents/1904666/2206462/Stress+booklet/7164be7e-51e8-1a93-dc49-7a42527eccde> |