

ANXIETY IN CHILDREN

Copied from NHS website:

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy.

Some children and young people have enjoyed being off school, while others will have really struggled – with the coronavirus outbreak keeping them at home and away from friends. Others may be coming to terms with family problems, loss or changes to their living situation.

With nationwide and local restrictions being regularly reviewed, they may also have to deal with self-isolating because of an outbreak in school or another period of school closure, or have worries about getting or passing on the virus. It's still uncertain what further changes we all may face.

Feelings like these will gradually ease for most, but there are always steps you can take to support them emotionally and help them cope with problems they face.

There's support available if you feel you or they need it.

NHS - https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc_id=EMMParentsSearch&gclid=EAlalQobChMIquvD-bqv7glVjbTtCh2L8A8sEAAYASAAEglwDfD_BwE

Nip in the bud - https://nipinthebud.org/anxiety-in-children/?gclid=EAlalQobChMI6pS3ubyv7glVqujtCh3PBA89EAAYAiAAEgLiRvD_BwE

Barnardos - https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAlalQobChMI6pS3ubyv7glVqujtCh3PBA89EAAYAyAAEgl6SfD_BwE

Young Minds - https://youngminds.org.uk/find-help/conditions/anxiety/?gclid=EAlalQobChMI6pS3ubyv7glVqujtCh3PBA89EAAYBCAAEglTpPD_BwE

CAMHS - <https://alderhey.nhs.uk/services/camhs>

Action for Children - https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/?gclid=EAlalQobChMI44_WrL6v7glVA-3tCh27mAAHEAAYASAAEglP9vD_BwE&gclsrc=aw.ds

Young Minds

https://youngminds.org.uk/find-help/your-guide-to-support/?gclid=EAlalQobChMI44_WrL6v7glVA-3tCh27mAAHEAAYAyAAEglwgvD_BwE