



## What makes young people anxious?

A child or young person may be anxious for different reasons. Feeling a bit more worried sometimes is normal and there is not always a clear reason for this. But if your child is feeling unmanageable amounts of anxiety, this is often a sign that something in their life isn't quite right. They may need support to work out what the problem is.

The following kinds of things can make some children and young people feel anxious:

- Spending too much time on social media, becoming embroiled in drama and social fall outs
- being around someone else who is very anxious, such as a parent
- going through a significant change, such as moving house, [parents separating](#) or changing school
- the [death or illness](#) of a close family member or friend
- having lots of responsibility, for example caring for other people in their family
- experiencing family stress around things like housing, [money](#) and debt
- going through experiences in which they do not feel safe, such as being [bullied](#), witnessing or experiencing [abuse](#), or experiencing discrimination such as [racism](#), homophobia or transphobia

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## How to help your child or young person manage their anxiety

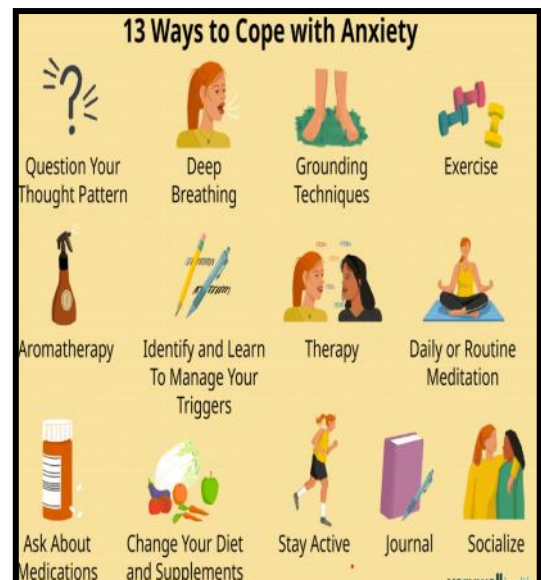


As well as managing panicky moments, your child or young person can also learn how to deal with their anxiety over the longer-term.

Many of these strategies are about helping them to understand how their anxiety works and what helps them. The more confident they feel about this, the more they will believe in their ability to cope. This can make anxiety feel more manageable.

As you think about strategies you might try, always remind yourself you're doing your best. It's natural to feel a bit overwhelmed sometimes. But remember, you do not need to try five different things at once. Have a look through these suggestions and pick one or two things you think might help:

- \* In a calm moment, talk about their anxiety
- \* Think together what makes them feel anxious
- \* Help your child to recognise when they're anxious
- \* Think together about activities that help
- \* Try mindful activities that help relax
- \* Make a worry box or self-soothe box
- \* Help them take care of their daily needs
- \* Encourage them to cut out stimulants
- \* Spend quality time together
- \* Speak to a professional if you're worried



## How to help your child or young person when they feel panicky

In a very anxious moment, your child or young person may feel frightened or worried about having a panic attack. If this happens, focus on helping them to calm down and feel safe. The strategies below can help.

Remember, you don't need to do all of these things each time. Everyone is different, and it's about figuring out which of these strategies suits them best. After they have calmed down, it can help to remind them that the panicky feeling did not last forever. They were able to do things that helped and the feeling stopped.

- \* Use breathing techniques
- \* Sit with them and offer calm reassurance
- \* Ask them to think of a safe place or person
- \* Encourage them to do an activity they like



## Useful helplines and websites

### Some specific support for anxiety:

Infoline 0300 123 3393 (Mon-Fri 9am-6pm)

YoungMind's Crisis messenger text YM to 85258

Link to the Mind website - <https://www.youngminds.org.uk/>

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/anxiety-disorder-signs/>

Anxiety UK <https://anxietyuk.org.uk> 03444 775774

### Useful places to go for information for your son/daughter:

Samaritans: 116 123

Childline: 0800 1111 Specifically online safety 0808 800 5002

YoungMinds 0808 802 5544

<https://www.nspcc.org.uk/>

<https://www.thinkuknow.co.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://www.kooth.com/>

<https://nopanic.org.uk> 0300 772 9844

Triumph Over Phobia (TopUK) <https://topuk.org> 01225 571740

