

## On Line



AnxietyBC is a Canadian website for children , young people and their carers, providing education and tools to reduce anxiety.

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>



No Panic specialises in self-help recovery and services include providing people with the skills they need to manage their condition and work towards recovery, enabling them to lead more fulfilled lives

[www.nopanic.org](http://www.nopanic.org)

Crisis Number for 24/7 recording of breathing techniques on **01952680835**

Confidential helpline 10am-10pm on **08449674848**



This site has advice and self help worksheets to support you to cope with a range of symptoms.

<https://www.getselfhelp.co.uk/anxiety.htm>

## YOUNGMINDS

Explains causes and what you can do to feel better.

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

<https://hampshirecamhs.nhs.uk/issue/anxiety-2/>

Web site of Hampshire Child and Adolescent Mental Health Service

The Mix [www.themix.org.uk](http://www.themix.org.uk)



### Help Lines

If you're under 25 you can talk to The Mix for free on the phone, by email or on their web chat. You can also use their phone counseling service, or get more information on support services you might need.

free phone: 0808 808 4994 (1pm - 11pm daily)

Young Minds Crisis Messenger - 85258

Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis - just text YM to 85258

## YOUNGMINDS

All texts are answered by trained volunteers, with support from experienced clinical supervisors

Childline



texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus

under 19 years can confidentially call, email or chat online about any problem big or small

free phone 24h helpline: 0800 1111

SAM : Self Help for Anxiety Management. (Free)

An app to help you understand and manage anxiety.

## Apps

MINDSHIFT CBT app – Free

MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

## Books

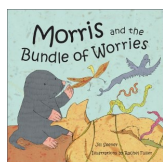


*The Coping Cat Workbook* Kendall & Hedtke  
2006



Helping your Anxious child” Creswell and Willetts  
2019 is a practical guide which is easy to read.

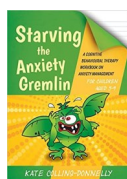
## Books for Children



Morris and the Bundle of Worries by  
Jill Seeney

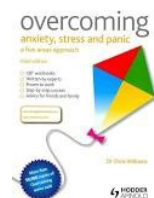


What to do when you worry too Much: A kids guide  
to overcoming anxiety by Dawn Heubner

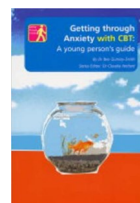


Starving the anxiety gremlin for children aged  
5-9: A cognitive behavioural therapy work-  
book on anxiety management by Kate Collins-  
Donnelly

## Books for Teenagers

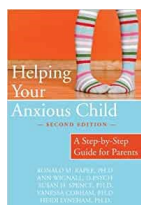


Overcoming anxiety, stress and panic :  
A five areas approach by Chris Wil-  
liams



Getting through anxiety with CBT: A young persons  
guide by Ben Gurney-Smith

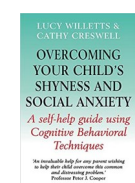
## Books for Parents



Helping your anxious child: A step by  
step guide for parents by Ronald  
Rapee



Helping your child with fears and worries by  
Cathy Creswell and Lucy Willetts



Overcoming your child's shyness and  
social anxiety by Cathy Creswell and  
Lucy Willetts