

External Support

Further Information and Resources
Websites and Telephone Lines

YOUNGMINDS youngminds.org.uk or 0808 802 5544
fighting for young people's mental health

SUPPORTLINE supportline.org.uk or 01708 765200
CONFIDENTIAL EMOTIONAL SUPPORT

mind mind.org.uk or 0300 123 3393

kooth Kooth.com

Qwell www.qwell.io

YouTube Recorded Webinar for Parents/
Carers

<https://youtu.be/SY4Nu48OVrE>

Local Support

Rollercoaster Parent Support | 07415 380 040
Helping parents to support children with mental health issues

One Point | 03000 261 111 | www.durham.gov.uk/OnePoint
Advice and practical support across all aspects of family life

Education & SEND Support | www.countydurhamfamilies.info
Support for children with special educational needs or disabilities

CAMHS - Single Point of Access | 03001 239 296
Community mental health teams for children
www.tewv.nhs.uk

TEWV Crisis line | 0800 0516 171 | www.tewv.nhs.uk
24 hour service for young people experiencing a mental health crisis

Supporting Your Child with Anxiety



What is anxiety?

Anxiety is a feeling of unease, closely related to fear, that can be mild or strong. Everyone has feelings of anxiety at some point in their life. Some people find it hard to control their worries. Feelings of anxiety can become more constant and can affect their daily lives.

Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up. When children feel anxious, they cannot always understand or express what they are feeling.



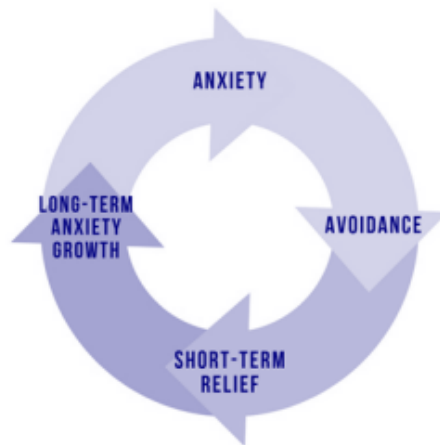
Why might my child be feeling anxious?

- Big life events such as starting a new school, exams, moving house, bereavement
- Struggling at school
- Change and uncertainty
- Being around someone who is anxious, including parents
- Family, relationship or friendship issues
- Experiencing a traumatic event



Avoiding the cycle of Anxiety

When we feel anxious, we often try to avoid the feared situation. This can provide short-term relief and reduce our feelings of anxiety in the moment. However, often this causes the worries to strengthen as well as our feelings of anxiety.



Supporting my child with Anxiety

- Show that you are available to talk but don't force the conversation
- Be accepting of their worry, anger and sadness
- Think together about activities that reduce their anxiety.
- Be aware of your own anxiety levels and monitor the information you share with your child.



In school Support

At Victoria Lane Academy, we can offer various in school support to your child, based on their emotional needs such as:

- Support from our SENDCO with referrals to external agencies that can support your child. (Contact Amy on 07900702297)
- Targeted interventions such as 'No Worries' and 'Relax Kids'
- Referral to the School Counsellor (please note there is a waiting list for this service)