

## “STRENGTHENING THE CIRCLE”

**Common Mental Health Conditions Affecting Children and Young People  
 (Categorisation: Public Health England, Dec 2016)**

### Anxiety

What do you see?	How do you respond?
<p>A child or young person who is:</p> <ul style="list-style-type: none"> <li>• Feeling frightened, nervous or panicky all the time</li> <li>• Getting down or depressed</li> <li>• Difficulty sleeping</li> <li>• Low appetite</li> <li>• Lack of concentration</li> <li>• Feeling tired and irritable</li> <li>• Palpitations - when your heart feels like its racing</li> <li>• Dry mouth</li> <li>• Trembling</li> <li>• Feeling faint</li> <li>• Stomach cramps and/or diarrhoea</li> </ul>	<ul style="list-style-type: none"> <li>• Acknowledge the anxiety – however minor it seems to you, it is making the young person anxious and needs to be taken seriously</li> <li>• Use a person-centred approach – really listen to what they are saying to you</li> <li>• Think about how you can foster their sense of belonging, core self, coping mechanisms and learning</li> <li>• Make sure you understand whether they are asking for you to listen, or to help fix the issue</li> <li>• When thinking about how best to support, focus on strengths, not what the young person can't do</li> </ul>
<b>What resources will help?</b>	
<p> <a href="https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview">https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview</a> <a href="http://www.mentalhealth.org.uk/publications/how-to-stress">www.mentalhealth.org.uk/publications/how-to-stress</a>  <a href="https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/">https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/</a>  <a href="https://www.minded.org.uk/families/index">https://www.minded.org.uk/families/index</a>  <a href="http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/worr_iesandanxieties">http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/worr_iesandanxieties</a>  <a href="http://www.themix.org.uk/search/anxiety">http://www.themix.org.uk/search/anxiety</a>  <a href="https://youngminds.org.uk">https://youngminds.org.uk</a> </p>	
<b>How do you support self-management?</b>	
<ul style="list-style-type: none"> <li>• Help the young person to understand what is making them anxious • Encourage them to keep a record of when it happens and what triggers it</li> <li>• Support them to develop a plan – with small steps for progress • Include exercise and healthy eating in the plan</li> <li>• Help them to reframe the things that make them anxious, so that they can see positives in tricky situations</li> <li>• Work with them to find relaxation techniques, apps and tools</li> <li>• Keep the conversation going, and follow up</li> </ul>	
<b>Immediate Medical Attention?</b>	<b>Referral?</b>
No	Only if support, strategies and self management haven't prevented it getting worse