

Supporting children and young people with anxiety disorders

Anxiety disorders are characterised by lots of fear and worry which may seem irrational from an outside perspective but can be hugely frightening for children and young people

Everyone will experience anxiety differently

There are a range of factors which could cause anxiety disorders

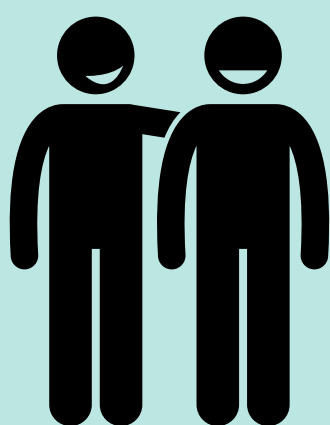
Anxiety can have a negative impact on everyday life so lots of support may be required

- Give them time to talk about their worries
- Ask them how you can help them best
- Listen carefully as you may discover an underlying cause

Listen



Reassure



- Provide reassurance that situations are not as bad as they fear - children and young people often do not realise that their worry is too intense for a given situation

- Make sure that all relevant people are aware of the child/young person's anxiety
- Alongside specialists, it is useful for teachers to know so schools can become part of the care team

Communicate



Encourage



- Support them to take part in activities that they enjoy
- Remove the focus from their anxiety
- Promote good physical health