



Child Self-care for Worrying and Anxiety Level 2-6

This leaflet includes links to organisations, videos, apps, websites and further reading that may be able to help children and young people who have difficulties with worrying and anxiety.

Click the link below to jump to these resources.

Local Support

National Support

Apps

Video and Audio

Reading

Please note that there may be a cost to some of these resources so we would advise that you have a good look before you pay for anything. Find more information on self-care by visiting dimensions.covwarkpt.nhs.uk.

If you feel that further help is needed, please visit your G.P. The website [cwrise.com](https://www.cwrise.com) can also give you more information on Coventry and Warwickshire's emotional well-being and mental health services for children and young people.

If there are a lot of orange or red ratings on the person's Dimensions report charts, we recommend that concerns are discussed with a professional in education or health service as their version of Dimensions will give them additional information about services for well-being in Coventry and Warwickshire.

Local Support

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Rise offers early support, information and guidance to parents and carers on emerging mental health issues in children and young people through themed coffee mornings and 1-1 discussions with a clinician.

 [cwrise.com/for-parents](https://www.cwrise.com/for-parents)

National Support

You may find the following organisations useful. We have checked the websites but please note that they may not be completely up to date.

Health for Kids website has a good section on worrying.

 www.healthforkids.co.uk/feelings/feeling-worried

Heath for Teens is a very teen friendly site with lots of advice and information.

 www.healthforteens.co.uk/feelings/anxiety/dealing-with-your-worry-monsters

Mood Café has resources to help with feeling worried, afraid or stressed.

🖥️ www.moodcafe.co.uk/for-children-and-young-people/feeling-worried,-frightened,-stressed-or-anxious.aspx

No Panic is a charity which runs two helplines. They also have advice about managing panic.

No Panic Youth Helpline (ages 13 to 20) Monday to Friday, 3pm to 6pm (landline rates apply)

☎️ 0330 606 1174

No Panic Helpline Everyday 10am - 10pm, charge: 5p a minute + your access charge

☎️ 0844 967 4848

☎️ Youth Hub nopanic.org.uk/youth-hub

Anxiety UK has a telephone service to provide information which is open Monday to Friday, 9.30am - 5.30pm.

☎️ 0844 775 774

Childline will help children and young people when they are feeling overwhelmed and need to talk.

Sometimes it helps to speak to someone outside the family and teachers they might usually talk to.

They can also talk when other people are not available.

☎️ 0800 111

🖥️ Anxiety, stress and panic. www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic

Young Minds has useful anxiety factsheets.

🖥️ www.youngminds.org.uk/for-children-young-people/whats-worrying-you/anxiety/factsheets

Videos and Audio

You may find the videos/podcasts below useful. Podcasts can be download using the podcast app on smart phones. In some cases there may be costs involved, so before you purchase make sure that you check for costs and ensure the podcast is suitable for you. Please note: these have been produced by external organisations and may feature adverts, over which we have no control and would therefore advise that you watch the videos first without your child to check that any adverts are age appropriate.

STOPP Learn about how CBT can help with anxiety.

▶️ youtu.be/3NHZkQ57wzE

No Panic Youth Hub has videos and other resources to help young people aged 13-20 years.

▶️ nopanic.org.uk/youth-hub

Anxiety United has 5 Top Tips on how to reduce anxiety.

▶️ www.youtube.com/watch?v=pg1IMQFTLSM

Apps

You may find these apps useful, which you can download from your app store. Please note that there are costs involved to download some of these apps. Before you purchase, make sure that you check that the app is suitable for you and you are aware of the costs.

⚙️ [Smiling Mind](#) has a mindfulness app with different sections for different ages e.g. 7-11 12-15 16-22, mindfulness activities and measures mood before and after activity.

- ⚙️ [SAM](#) has activities including calm breathing and mood tracker.
- ⚙️ [Well Mind](#) tracks mood on a calendar, and has information for anxiety, depression and stress including physical symptoms and help in a crisis.
- ⚙️ [Mood Tracker](#) app can be personalised and allows you to track your mood and keep a mood journal.

Reading

Below are some links for further reading which you may find useful. These links are not the only place where you can find these books, but they do include reviews so please read them to help you decide if they will be useful to you. You may also find these books in libraries, online or in second-hand bookstores.

- 📖 [Starving the Anxiety Gremlin for Children Aged 5-9](#) by Kate Collins-Donnelly
- 📖 [Starving the Anxiety Gremlin – for young people](#) by Kate Collins-Donnelly
- 📖 [The Panicosaurus: Managing Anxiety in Children Including Those with Asperger Syndrome](#) by K.I. Al-Ghani
- 📖 [Helping Your Anxious Child: A Step-by-step Guide for Parents](#) by Ronald M. Rapee
- 📖 [The Huge Bag of Worries](#) by Virginia Ironside
- 📖 [When my worries get too big!](#) by Kari Dunn Buron
- 📖 [A guide to the present moment](#) by Noah Elkrief
- 📖 [Overcoming anxiety - a self-guide to Cognitive Behavioural Therapy techniques](#) by Helen Kennerley

Please note that Coventry and Warwickshire Partnership NHS Trust is not responsible for the content or reliability of the websites, apps, videos, podcasts and further reading we link to in this document and do not necessarily endorse the views expressed within them.

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