



Anxiety and emotional support

"Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam or having a medical test or job interview." (NHS definition)

Support for younger children:

- <https://www.youngminds.org.uk/> - One-to-one support through telephone support helpline 0808 802 5544, email or a live webchat. Support ages 0-25 but generally 4 onwards. Initial phone call is 20 minutes exploring the current situation. If the situation is complex, then a second level of service is offered within 7 days. This is a 50-minute call from a more experienced mental health specialist to offer advice and information. This service is for the main carer and is completely free of charge.
- [Chatterminds](#) - Group courses and one-to-one support. Courses start at age 6. One-to-one is offered to children younger than 6. Parents are welcome to attend too and generally do if child is 6 or under. Support offered to children of any age. Costs involved.
- All schools have access to a primary mental health specialist. Schools can make contact for advice if required for any school age child.
- Can always contact the GP for support if needed.

Support for ages 11-25:

- www.otrbristol.org.uk – for children aged 11-25. Offer drop-in sessions. One-to-one is also available, this has a wait time of around one year. Free of charge.
- [Home - Kooth](#) - Support through a text service or online chat. Free of charge.

Useful apps and books:

Apps:

- Headspace for kids
- Chill panda – family friendly relaxation
- Worry tree

Books:

- 'The abilities in me' books
- [When You Worry Too Much: 25 Books to Help Kids Overcome Anxiety, Worry, and Fear | A Mighty Girl](#) - A variety of book which address anxiety and worry for children

Don't forget to sign up to our [database](#) to receive the latest SEND news and information, as well as a list of all of our upcoming workshops and support sessions



SGPC
South Glos Parent Carers

**Our Community
for Positive Change**
www.sglospc.org.uk