**Help for Anxiety**

**Workbooks:**

(Recommended books to work through with your child)

* *What to do When You Worry too Much* (workbook)
* *What to do When your Brain gets Stuck (for OCD)*
* *What to do when you Dread your Bed*
* *Starving the Anxiety Gremlin: A CBT Workbook*
* *The Huge Bag of Worries*

**Help Lines & Drop Ins**

* Young Minds helpline: 0808 8025544 (Monday to Friday)
* Off the Record Parent Phone Line (age 11 up) **0808 808 9120** (Mon-Fri, 2-5pm).
* Off the Record **Parent Drop In** 2nd Wednesday of every month – 6-7.30pm

 (NB. Off the Record help is for age 11 up)

**Video Clips**

* <https://youngminds.org.uk/find-help/for-parents/parents-lounge/> - Managing Anxiety in Children – 20 mins clip
* <https://youngminds.org.uk/find-help/for-parents/parents-lounge/> - School Refusal clip

**Apps**

* Stop, Breathe, Think Kids – mindfulness app (5-11)
* <https://www.smilingmind.com.au/smiling-mind-app> Mindfulness app (free!)

**Useful Tips/ Websites**

<https://blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/>

<http://edocs.southglos.gov.uk/download/successfullymanaginganxietyinformationforchildrenandyoungpeople_601.pdf>

(Online Anxiety Toolkit from South Glos council)