

Anxiety: What can you do with it?

For what age?	At what level?
Primary and Secondary Schools Post 16	All levels

Why do school staff need to know about anxiety?

All children and young people can get anxious and this is a normal as they grow up to develop their survival skills. However sometimes anxiety can occur too often and at the wrong time and this may affect a child's everyday life, development and relationships. Recent research suggests that as many as 1 in 6 young people will experience an anxiety condition at some point in their lives, this means that up to 5 people in a class may be living with higher levels of anxiety, whether that be OCD (obsessive compulsive disorder), social anxiety and shyness, exam stress, worry or panic attacks.

How can schools help?

- Recognising what is typical anxiety and when it is impacting on the child/ young person's day to day functioning.
- Knowing about the different forms of anxiety, and how best to support children and young people with different problems.
- Knowing about evidence-based approaches/strategies that can support children and young people who experience anxiety such as Cognitive Behavioural Approaches; Mindfulness and psycho-education.

How do we know it works?

There is a strong evidence base supporting the usefulness of raising awareness of various mental health issues in school, including anxiety and anxiety driven behaviours. CBT based approaches are particularly useful in helping to overcome anxiety. There is also growing evidence of the efficacy of other approaches.

What do children say?

I did not understand when I was younger why I felt as I did, with help I do now.

It helped having someone in school who understood how I was feeling.

How can I access training?

To access centralised training in Anxiety, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist.

What do delegates say about this training?

Will help to understand school refusers.

Good enjoyable course, lots of really useful materials.

Presenters were helpful and informative.