

SEMH Digital Resources and Links for Anxiety

ACAMH - The Association for Child and Adolescent Mental Health Topic Guides

<https://www.acamh.org/topic/anxiety-disorders/>

Action for Children – ASD and Anxiety

<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2019/april/autism-and-mental-health-what-parents-need-to-know/>

Anna Freud Centre

Video <https://www.youtube.com/watch?v=H9UaMZ3hLAU&feature=youtu.be>

[Mentally Healthy Schools – explaining anxiety to a child](#)

<https://www.mentallyhealthyschools.org.uk/resources/how-to-explain-anxiety-to-your-child/?searchTerm=anxiety>

Anxiety UK

<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

BBC Radio 4 Programmes

All in the Mind - Childhood anxiety

<https://www.bbc.co.uk/sounds/play/m000676j>

[Bringing Up Britain - Series 12 - Generation Anxious - BBC Sounds](#)

Barnardos 5 things you need to know

https://www.barnardos.org.uk/blog/5-things-you-need-know-about-anxiety?utm_source=email&utm_campaign=sep_enews&utm_medium=referral&source=&dm_i=1K6H,6HX4D,P711TH,PSNU3,1

Bristol Anxiety booklet

<https://www.bristol.gov.uk/documents/1904666/2206462/Anxiety+booklet/3247047e-7f45-a1ca-a4d9-2410c7f4431b>

Child Anxiety Network

<https://www.childanxiety.net/>

Childline

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/about-anxiety/>

Neufeld Institute – Understanding Anxiety in Young Children <https://neufeldinstitute.org/understanding-anxiety-in-young-children/?fbclid=IwAR2neODQ14M5PZne7dRVIRM-Wk9KpjYLxx2xXCVpj1nq6X-UiqvVffaU6H8>

NHS - <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

No Panic – Youth Resources <https://www.nopanic.org.uk/youth-resources/>

Piplo Productions – book – Once I Was Scared – animation <https://piploproductions.com/stories/once/>

Place2Be Anxiety Tips

https://www.place2be.org.uk/support-us/helping-you-support-your-child-place2be-newsletter.aspx?utm_source=Place2Be+Sign+ups&utm_campaign=ace0907e22-Supporters+CMHW+EMAIL+FEB+2019&utm_medium=email&utm_term=0_a4e1493eee-ace0907e22-169225165

Pooky Knightsmith - Anxiety – 3 common myths and misconceptions - <https://www.youtube.com/watch?v=8dPOhmlhuK4&feature=youtu.be>

[4 ideas for supporting a child with anxiety](#)

Anxiety – 6 ways to make it more manageable <https://www.youtube.com/watch?v=zkr6XzrZhc8&feature=youtu.be>

Anxiety Hacks: These videos share simple ideas that can be used to manage anxiety; these can largely be used with any age and could be shared directly with young people:

[Using music to flip your mood](#)

[Positive affirmations + 10 affirmations to try](#)

[Safe space visualisation](#)

[Mindful Moments](#)

Calming and breathing strategies:

[Finger Breathing: a simple guided breathing exercise for kids](#)

[Self-Soothe Boxes - what, why, how?](#)

[3 ways to calm things down: write and rip, 54321 and box breathing](#)

Tips for parents or other supporting adults:

[3 Tips for Parents: model confidence, worries vs problems, fill your own cup](#)

[3 more Tips for Parents: normalise, be a worry detective, work with avoidance](#)

[Anxiety: 6 ways to make life more manageable](#)

[4 ideas for supporting a child with anxiety](#)

Staff training videos: bitesize CPD sessions are short videos with pause points for reflection to enable short sharp bursts of training in staff meetings:

[Starting the school day right for kids who struggle](#)

[Using stock phrases to respond calmly to meltdowns](#)

Books

When You Worry Too Much: 21 Books to Help Kids Overcome Anxiety, Worry, and Fear

https://www.amightygirl.com/blog?p=22612&utm_source=newsletter&utm_medium=email&utm_campaign=20190318&ts=20190318

[The healthy coping colouring book and journal](#)

[My Anxiety Handbook: Getting Back on Track](#)

[Starving the Anxiety Gremlin\(10+\)](#)

[Starving the Anxiety Gremlin for Children Aged 5-9](#)

[No Worries! Mindful Kids: An activity book for young people who sometimes feel anxious](#)

[We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety](#)

[All birds have anxiety](#)

RCPSYCH – worries and anxiety

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-and-anxieties?searchTerms=Anxiety%20in%20Children>

Shelf Help

<https://www.littleparachutes.com/?s=anxiety>

<https://reading-well.org.uk/books/books-on-prescription/young-people-s-mental-health/anxiety-worry-and-panic>

<https://www.weareteachers.com/books-for-kids-with-anxiety/>

Well at School <https://www.wellatschool.org/anxiety-disorders>

Young Minds <https://youngminds.org.uk/find-help/conditions/anxiety/>

Youtube videos

Social Anxiety: [ANXIETY FOR KIDS | YOU *ARE* NORMAL!](#)

Childline

https://www.youtube.com/watch?v=pvM_TtQi9DU&t=21s

[Helping Anxious Kids: Practical Tips](#)

OCD – Obsessive Compulsive Disorder

SEN Magazine – article on living with OCD at home and school

<https://senmagazine.co.uk/home/articles/senarticles-2/living-with-ocd>

Well at School

<https://www.wellatschool.org/ocd>

Stress

Bristol – Stress booklet

<https://www.bristol.gov.uk/documents/1904666/2206462/Stress+booklet/7164be7e-51e8-1a93-dc49-7a42527eccde>