

SEMH SPOTLIGHT – ANXIETY

This spotlight accompanies the Warwickshire Educational Psychology Service short webinar on understanding, identifying, and supporting Anxiety in schools. The webinar can be accessed through the website:

<https://www.warwickshire.gov.uk/educationalpsychology>

This supporting document provides signposting to local and national organisations who can support children and young people with their experiences of worry and anxiety. You will also find charity helplines detailed, guidance documents for parents/ carers and other useful websites.

Local Organisations

- RISE <https://cwrise.com/>
 - Navigation Hub: Tel: 0300 200 2021 (Mon-Fri 8am – 6pm)
 - Primary Mental Health Service: <https://cwrise.com/primary-mental-health/>
 - Mental Health in Schools Team: <https://cwrise.com/mhst/>
 - <https://cwrise.com/coping-with-anxiety>
 - How to make a referral: <https://www.youtube.com/watch?v=RrcZKiDTRlk>
- Dimensions Kooth: <https://www.kooth.com/>
- Mind Coventry and Warwickshire Wellbeing Advisors: <https://cwmind.org.uk/wellbeing-advisers/>
- CW Mind: <https://cwmind.org.uk/>
- Warwickshire School Health and Wellbeing Service: <https://www.compass-uk.org/introduction-to-wshwbs/>
- ThinkNinja (if you've been referred to Healios):
https://play.google.com/store/apps/details?id=com.thinkninja&hl=en_GB&gl=US&pli=1

National Organisations

- CAMHS resources: <https://www.camhs-resources.co.uk/>
- Young Minds: <https://www.youngminds.org.uk/>
- Anna Freud: <https://www.annafreud.org/on-my-mind/>
- Stem4 (Supporting teenage mental health): <https://stem4.org.uk/>
- Switchboard LGBT+ helpline: <https://switchboard.lgbt/>
- Papyrus: <https://www.papyrus-uk.org/>

Charity Helplines:

- The Mix: <https://www.themix.org.uk/get-support/speak-to-our-team> 0808 808 4994
- Childline: <https://www.childline.org.uk/> 0800 1111
- Samaritans: <https://www.samaritans.org/> 116 123
- Shout: <https://giveusashout.org/> 85258

Useful websites:

- MIND: <https://www.mind.org.uk/>
- Anxiety UK: <https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>
- Young Minds: <https://youngminds.org.uk/>
- RISE: <https://cwrise.com/>

- Dimensions Tool: <https://cwrise.com/dimensions-tool/>
- Anxiety Canada: <https://www.anxietycanada.com/free-downloadable-pdf-resources/>
- No Panic: <https://nopanics.org.uk/>
- NHS: [Anxiety - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/)
- Therapist Aid: <https://www.therapistaid.com/therapy-worksheets/anxiety/none>

Supporting Parents

- <https://parents.actionforchildren.org.uk/mental-health-wellbeing/anxious-feelings/>
- <https://www.mentalhealth.org.uk/sites/default/files/2022-06/MHF-The-Anxious-Child-booklet.pdf>
- <https://mentallyhealthyschools.org.uk/media/2026/mindfulness-calendar-daily-5-minute-activities.pdf>
- Barnardo's: <https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/mental-health/supporting-your-child/strategies-for-coping-with-anxiety-and-worry>
- Charlie Waller – parent guide <https://www.charliewaller.org/resources/supporting-a-child-with-anxiety>
- <https://cwrise.com/coping-with-anxiety>
- What to Do When You Worry Too Much – by Dawn Huebner (an interactive book for children aged 6-12 years and their parents to guide them through coping with anxiety).
- Helping Your Anxious Child: A Step-by-Step Guide for Parents – by Ann Wignall et al.
- Parents and carers can get help and advice about children's mental health from Young Minds' free parent helpline on 0808 802 5544, from Monday to Friday, 9.30am to 4pm.

Videos

- [Let's talk about anxiety: animation and teacher toolkit | Anna Freud](#)
- <https://cwrise.com/coping-with-anxiety>

Apps

- **Clear Fear** – Free – Aimed at supporting children and young people to manage the symptoms of anxiety. www.clearfear.co.uk | @clearfearapp
- **Combined Minds** – Free – An app to help families and friends provide mental health support to others. www.combinedminds.co.uk | @combmindapp
- Wider list of apps for children and young people – mostly free, but do check - <https://smilecounselling.org.uk/videos-apps/>



Please note that information is subject to change and the authors cannot take responsibility for any advice obtained from third parties. Information collated November 2023.

Version 1 – Nov 23