



According to Right Here, a partnership between Mental Health Foundation, the NHS and Mind, young people would like GPs to signpost to local and online support that they can access themselves. Being offered different options for support also helped the young people feel supported in a holistic way, rather than being 'told what to do.'

https://www.mentalhealth.org.uk/sites/default/files/RH-GP-report_0.pdf



Signposting

There are a range of services available to support children and young people with anxiety across Norfolk & Waveney, and nationally.

KOOTH – www.kooth.com

Kooth is an online counselling service for children and young people aged between 11 and 25. They can also further support via their website.

CHILDLINE – www.childline.org.uk

The Childline website offers a variety of support including information, games, online counselling, Calm Zone and a support tool box. Children can also call for support or access online help from a counsellor.

THINKNINJA – www.healios.org.uk/services/thinkninja

This app is designed to support children and young people with their emotional wellbeing, including anxiety. Using CBT principles, the app also has a section on coping with feelings during the coronavirus pandemic.

YOUNG MINDS – youngminds.org.uk

Young Minds offers young people and their families information about different mental health concerns and a crisis messenger service for young people.

Supporting Anxiety

GUIDANCE FOR MENTAL HEALTH CHAMPIONS WORKING IN HEALTHCARE

Who Can Help?

There are a variety of services available to support children and young people with anxiety.

- If the child or young person has emerging mental health needs – contact Just One Norfolk by calling 0300 300 0123
- If the child or young person has mild to moderate mental health needs – refer into Point 1 via the referral form found on the website
- If the child or young person has moderate to severe mental health needs – contact Tier 3 NSFT CAMHS via telephone
- If the child or young person also has a diagnosed learning disability – Contact Starfish via a referral form or their consultation number 01603 272319

If you are unsure, call Just One Norfolk on 0300 300 0123 for a consultation about the CYP's needs

What is Anxiety?

Anxiety is a normal reaction to danger. It can help you stay alert and react quickly to a threat. However, sometimes it can get in the way of the things we want to do, and that's when we need a bit of extra help.

Signs and Symptoms

Emotional Symptoms

- Feeling overly worried, nervous, restless or tense
- Feeling irritable/agitated
- Feeling like your mind has gone blank
- Always watching for danger and anticipating the worst Irrational fears
- Trouble concentrating
- Avoiding certain situations

Physical Symptoms

- Dizziness
- Shortness of breath/ rapid breathing (hyperventilation) Muscle tension
- Shaking
- Insomnia
- Headaches
- Feeling weak or tired Panic attacks
- Avoiding social situations

5 P's and Plan Formulation

This can be a useful tool to guide your conversations with young people in their appointment time. Remember, you might be the first person that the young person has spoken to about this. The answers to these questions will also be helpful details to include in any future referrals.

Presenting Issues

How are you feeling at the moment? What is going on for you in your life right now? What is your biggest challenge at the minute?

Past Issues

Has anything happened like this before? Does anyone else in your family feel this way? Has anything changed in your life recently?

Plan - Strategies to Try

It can be helpful to make a plan with the young person so that they feel listened to and go away with next steps that they can work towards - whether that's trying a self-help strategy, visiting a website to learn more or sharing their worries with a trusted adult.

Grounding Techniques

Grounding techniques can be really useful for young people that are feeling overwhelmed by their worries.

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

BREATHE 1...2...3...4...

Square Breathing

This technique from Childline can help a young person regulate their breathing.

It can be useful to trace the edges of a square object to help focus the young person.

BREATHE 1...2...3...4...

BREATHE 1...2...3...4...

BREATHE 1...2...3...4...

Worry Time

Worry time can be a helpful strategy for children and young people that find they are worrying all of the time. Throughout the day, CYP record their worries in a way that suits them (drawing, in a journal etc). They then allocate 15 mins in the day to look at those worries and think critically about them. With time, this can reduce time spent worrying outside of their worry time.

Precipitating Factors (Triggers)

Have you noticed if anything causes you to feel this way? At school or at home? How are you sleeping/eating?

Positive Factors

What is going well for you? What kind of things do you enjoy? Who is there to support you?

Perpetuating Factors

Is there anything that makes it feel harder to get support? What would you like to change most?

To find out more about using the 5P's to support mental health, see [this document from NHS Northumberland, Tyne and Wear.](#)