

HELPING YOUR TEEN TO MANAGE THEIR ANXIETY

Anxiety is a feeling of worry or fear that is experienced as a combination of physical sensations, thoughts and feelings.

We all feel worried sometimes, and for children & young people, this is a normal part of growing up. At certain points, such as on their first day of school or before an exam, young people may become more worried, but will soon be able to calm down and feel better.

Anxiety can become a problem when a young person feels stuck in it, or when it feels like an overwhelming, distressing or unmanageable experience. This can lead to them feeling exhausted and isolated, and limiting the things they feel able to do.

As a parent, there are things you can do to help your child – including providing emotional support, working on practical strategies together and finding the right professional help if they need it.

USEFUL LINKS:

SOLAR: <https://www.bsmhft.nhs.uk/our-services/solar-youth-services/>

YOUNG MINDS:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

BARNARDO'S:

<https://families.barnardos.org.uk/13-16-years/parenting-teenagers-and-anxiety>



Online courses still available free of charge

UNDERSTANDING YOUR TEENAGER'S BRAIN

for parents
&

UNDERSTANDING YOUR BRAIN

for teenagers

- Go to: www.inourplace.co.uk
- Enter the access code: APPLEJACKS



Counselling, Mental Health & Wellbeing Service for Young People

Kooth is a web based confidential support service available to young people, providing a safe and secure means of accessing mental health and wellbeing support, and designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside of counselling young people can message the team and get support the next day.



To find out more, visit www.Kooth.com where young people can register, and others can find out more about the service.

The service is staffed by fully trained and qualified counsellors and is free to access for all 11-25 year olds, who live or go to school in Solihull or are looked after by Solihull Council or have a Solihull GP.

For more information about the support available, please contact the parenting team via email to bsmhft.parenting@nhs.net; by phone on 0121 301 2773; or by finding us on Facebook

