



Parents Coffee Morning: Anxiety

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Mental Health Support Team

Mental Health Support Team – who are we and what do we offer?

- We are a team of professionals who deliver low level mental health support within schools
- We offer individual CBT-informed sessions as well as groups and workshops
- We also support schools with their Whole School Approach to mental health and wellbeing (assemblies, staff training, parents' evenings etc...)



Generalised Anxiety

Key Points:

- Intense & persistent worries that seem to have no apparent reason
- Negatively impacts young person's day-to-day life

Signs:

- Restlessness
- Fatigue
- Concentration difficulties
- Irritability
- Muscle tension
- Insomnia/sleep difficulties

Social Anxiety

Key Points:

- Fear of being at the centre of attention
- Fear of embarrassment & worry about what other people think of them
- Not 'just shyness'!

Signs:

- Avoiding social situations, e.g., school and/or social gatherings
- Some cases – selective mutism
- Physical symptoms – blush, sweat, shake

Panic

Key Points:

- Panic attacks – intense bursts of fear causing mental & physical discomfort
- ‘In fear of fear’ cycle – fear of having another panic attack

Signs:

- Sweating
- Shaking/trembling
- Hyperventilating
- Fast heart beat
- Feeling dizzy/lightheaded
- Fear of dying

Coping strategies – how can you help as parents?



Give your child a platform to talk- be curious and empathetic.



Ask don't answer (what, why...)



Encourage child to write worries down or journal in some way



Help child in identifying their support network (5 finger network)



Practice grounding, mindfulness and breathing techniques with your child



Speak with school if you are concerned

Where to access support:



School can refer to MHST, self-referral also can be made



Young Minds – Parents Guide to Anxiety (accessed via website)



Service Six, The Mix (online counselling services – self-referral)



Shout (Text 85258)



SENDIAS (online website, helpline)



EBSA guidance (MK Council)



Apps: Worry Tree, Clear Fear, Thrive



Any questions?