



## Anxiety Self-Help Resources HAMPSHIRE CAMHS



## Services

- At most schools there are Emotional Literacy Support Assistants (ELSA). ELSAs provide support to young people who may be experiencing difficulties, including those who are struggling with anxiety. If you would like support from an ELSA then you or your parent/carer can ask an adult at your school.
- No Limits is a charity which offers confidential information, advice, counseling, and support for young people under the age of 26 years. To find out about all the different services they offer you can visit their website: <http://www.nolimitshelp.org.uk/counselling>, give them a call on: **023 8022 4224**, or email them at: [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk).



## Useful Contacts

If you need advice or are worried about keeping yourself safe, you can contact someone on the numbers below. It is helpful to share these numbers with those close to you, so that they know who they can ring and how to best support you.

- If you or anyone else is concerned for your immediate safety you should attend the local emergency department. In extreme situations it may be necessary for you or someone else to contact the police and ambulance service on 999
- If you need advice Monday to Friday, between the hours of 9am to 5pm, contact the Child and Adolescent Mental Health Service (CAMHS) clinic on **0300 304 0050** or **SPNT.HantsCamhsSpa@nhs.net**
- If your parents/carers need advice or they are worried about you, it might be helpful for them to ring Parentline on **0808 802 5544** which operates Monday to Friday, 9.30am to 4pm
- If you need advice between the hours of 5pm to 9pm on weekdays, all day on weekends, or all day on bank holidays contact:
  - Out of hours GP service
  - Samaritans on 116 123



## Apps



The following apps aim to give you strategies to help you relax, support you in developing more helpful ways of thinking, and aid your understanding of things that you can do to help manage your anxiety.

**Mind your head** → an app developed by Sussex Partnership Foundation Trust which provides self-help and links to helpful services in Hampshire

**Self-help anxiety management (SAM)** → offers a range of self-help methods for people wanting to learn how to manage their anxiety

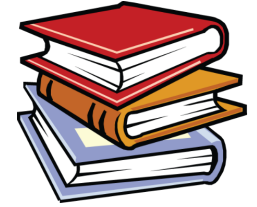
**BoosterBuddy** → your sidekick guides you through a series of daily quest to help establish positive habits and improve mental health

**Memory Star** → allows you to record uplifting thoughts, memories, and photos

**CBT-i Coach** → helps to improve sleep habits

**Colourfly Coloring Book** → a colouring app which you may find relaxing

## Books



These are some books which might help you to gain a deeper understanding of your anxiety and give you some strategies to help manage your anxiety. You could visit your local library as the books may be available there.

### For Children

**Morris and the Bundle of Worries** *Jill Seeney*

**What to do When You Worry Too Much**

*Dawn Heubner*

**Up and Down the Worry Hill** *Aureen Wagner*

### For Teenagers

**Overcoming Anxiety: A Five Areas Approach**

*Chris Williams*

**Getting through Anxiety with CBT: A Young Persons Guide** *Ben Gurney-Smith*

There are also some helpful books for you parents/carers to read. You could ask them to take a look at the following books, which may be available at the library.

**Helping Your Anxious Child: A Step by Step Guide for Parents** *Ronald Rapee*

**Overcoming Your Childs Fears and Worries** *Cathy Creswell and Lucy Willetts*

**Overcoming Your Childs Shyness and Social Anxiety** *Cathy Creswell and Lucy Willetts*

**Worried No More: Help and Hope for Anxious Children** *Aureen Pinto Wagner*



- italk is a talking therapy for people aged 16 years+ who are struggling with depression and anxiety. Young people can self-refer to this service through the website: [www.italk.org.uk](http://www.italk.org.uk) or by ringing: **023 8038 3920**.

### Websites

There are lots of different websites that have supported many young people in managing their anxiety. You may find it useful to have a look at these websites as they explain what anxiety is and strategies which you may find helpful. Many of these websites have useful resources and activities you can complete.

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

[www.youth.anxietybc.com](http://www.youth.anxietybc.com)

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

There are also some good websites for you parents/carers to take a look at. We think that these websites will help your parents/carers gain more understanding of your difficulties and give them ideas of how they can help.

[www.worrywisekids.org](http://www.worrywisekids.org)

[www.childrenwithanxiety.com](http://www.childrenwithanxiety.com)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.anxietybc.com](http://www.anxietybc.com)

<http://minded.e-lfh.org.uk/families/index.html>