

Threshold Guidance- Anxiety (Worry)

Name of Young Person:

Staff member supporting:

Has this been completed in collaboration with the YP? Yes/NO

What we do, what we don't do, and what you can do if you are worried about your child

All young people will feel anxious from time to time. Here's a guide to help you know how best to support your young person if they are experiencing symptoms of worry or anxiety. This is not an exhaustive list; young people will experience other types of worry and symptoms which may not be included on this guide:

Needs for help; These are challenges that some young people experience and may need some support with.

Type and nature of worry

The degree to which a young person worries appears out of context or disproportionate to the reason why they might be worrying. Episodes of anxiety might be more frequent or prolonged and cause the young person distress, or might have some mild impact on their ability to cope with everyday life such as going to, or coping at school, seeing friends or taking part in leisure activities. Examples might be:

- Fears that something bad might happen to themselves, or someone else
- Worry about not coping
- Worry about performance in exams or the future
- Worries related to being habitually bullied, or experiencing regular conflict or distress, either at home or school
- Worries about what others might think, say, or do
- Worries about negative judgements by others, or social rejection/exclusion

What you might see or a young person might report (Tick all those that apply)	Date Completed	Date completed	Date completed	Date completed
As well as the features in Green, the following might also be present:				
Disrupted sleep (difficulties getting to, or staying asleep, nightmares/night terrors)				
Persistent physical, or verbal, seeking reassurance				
Resistance to doing things; requiring a lot of cajoling or persuading				
Becoming distressed or agitated when facing fear, or even thinking about facing the fear				
Some repeated patterns of behaviour or routines which seem to help the young person, but don't make sense to others (e.g., repeated checking or counting)				

Some episodes of panicking such as getting distressed, racing heart rate, quicker breathing, upset tummy, feeling sick, feeling dizzy, or faint				
Demanding things be done in certain ways or requesting others to do things for them				
Families might also find themselves struggling to do things as they normally would, as they may make adjustments to accommodate how the young person is feeling or responding				

Things to try, Support and Next Steps

As well as the steps in Green, the following might be helpful:

- Support your young person to access self-help resources (podcasts, videos, downloads, links) on the Hampshire CAMHS website: hampshirecamhs.nhs.uk
- Watch our parent/carer workshop on how to support anxiety here: <https://youtu.be/LMFQHABnH1M>
- Share concerns with your child's school/college
- Access pastoral support from school/college
- Consider accessing help from a local counselling service
- Seek advice, guidance and support from Young Minds Parent Helpline:

08088025544

- Depending on the context and/or the origins of the anxiety being experienced, other services may be helpful, eg, family guidance if there is family breakdown or conflict. There is a lot of information on the Hampshire CAMHS website: www.hampshirecamhs.nhs.uk

Useful Resources:

- Overcoming Your Child's Fears and Worries, by Cathy Creswell and Lucy Willetts
- Helping Your Anxious Child, by Ronal Rapee
- Stuff That Sucks, by Ben Sedley
- What To do When You Worry Too Much, by Dawn Huebner
- The Anxiety Workbook For Teens, by Lisa Schab