

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 Specialist Treatment or a Crisis Response; These are difficulties that cause a significant impact and a young person may need specialist support.

Type and nature of worry

These anxieties are severe and enduring. These cause significant distress to a young person and significantly disrupt daily coping such as school/ college, socialising, and even self-care activities (eg, sleep, bathing, eating). Despite trying advice in the green and amber stages, the young person still experiences anxiety symptoms.

- Strong unwavering beliefs that something bad might happen, or that there is danger
- Repeated, intense and overwhelming "what if" thoughts that are catastrophic in nature

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 and Amber, the following might also be present:				
Repeated routines or rituals that impact on a young person's day such as being on time for, or coping at school, being able to socialise and engage in hobbies or interests, being able to get up or go to sleep.				
Persistent refusal to leave the house or attend/take part in activities such as school, hobbies, interests, seeing friends.				
Significant impact on health and wellbeing such as not sleeping or eating for a sustained period of time. May show signs of physical compromise (ill health) as a result of this.				
Withdrawn and uncommunicative, or not wanting to be left alone at all. This may seem uncharacteristic, or age inappropriate for some teenagers.				
Regular episodes of panicking such as getting distressed, racing heart rate, quicker breathing, feeling dizzy or faint, vomiting, shaking.				
Thoughts and beliefs are rigid and cannot be challenged or thought about from a different				

perspective (eg, 100% belief that something bad will happen).				
Becoming agitated, distressed, oppositional or aggressive towards others when in a situation they are particularly fearful of.				
Reactive and impulsive behaviour such as running away which may place them, or others, in danger.				
Families will find themselves struggling to do things as they normally would, that family functioning is disrupted and they are required to make significant 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 and Amber, the following might be helpful:

- Speak with your child's GP.
- Speak with the School Nursing Team.
- Depending on the context and/or the origins of the anxiety being experienced, other services may be helpful. There may be a role for other services such as Children's Services or other statutory or voluntary organisations that can support if there are clear triggers for anxiety, eg, abuse, domestic violence, bullying, being a young carer etc.
- Seek advice, guidance and support from Young Minds Parent Helpline:

08088025544
- Consider making a self-referral to a CAMHS Service.

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
- The Anxiety Workbook For Teens, by Lisa Schab
- What To Do When You Worry Too Much, by Dawn Huebner
- Breaking Free From OCD, by Jo Derisley