

## ORGANISATIONS THAT COULD HELP:

[http://www.youngminds.org.uk/for\\_parents/worried\\_about\\_your\\_child/anxiety](http://www.youngminds.org.uk/for_parents/worried_about_your_child/anxiety)

[http://www.moodcafe.co.uk/media/19579/cyp\\_parents\\_1\\_2\\_web.pdf](http://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf)



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

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# RECOGNISING ANXIETY IN YOUNG PEOPLE

*How you can help...*



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# RECOGNISING ANXIETY IN YOUNG PEOPLE

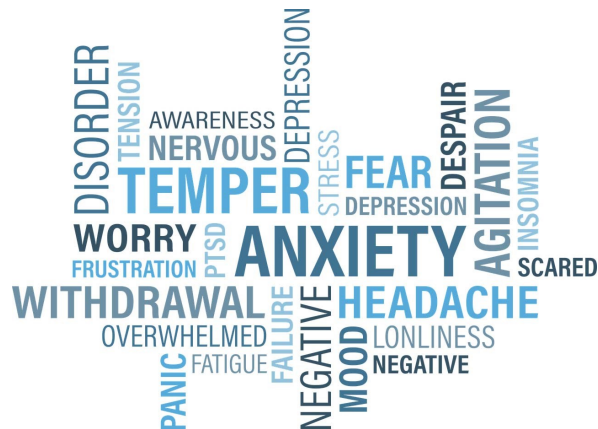
*How you can help...*

## WHAT IS ANXIETY?

- Anxiety is an internal feeling of worry, nervousness, or unease about something with an uncertain outcome.
- About a quarter of people get an anxiety disorder at some point in their lives but many don't seek the treatment that's available.
- Sometimes it is hard to know when anxiety is becoming a problem, but if feelings of anxiety are very strong, or last for a long time, it can be overwhelming.

## EMOTIONAL SYMPTOMS

- Fear
- Panic
- Nervousness
- Shyness
- Unable to speak
- Lower levels of concentration
- Low self-esteem
- Sensitivity
- Perfectionism



## PHYSICAL SYMPTOMS

- Light headedness
- Flushing
- Dry mouth
- Dizziness
- Rapid thumping of the heart
- Feeling sick
- Excessive sweat
- Rapid breathing
- Stomach pain
- Crying

## STUDENTS MOST COMMON FEARS

- Fire alarms
- PE and changing rooms
- Break/lunchtimes (crowded spaces/eating)
- Hallways
- School toilets
- Speaking out loud in class (reading/asking for help or answering questions)
- Exams and tests

If you feel your child suffers from anxiety, contact your GP in the first instance.

**EASTLEIGH YOUTH COUNSELLING**  
services may also be able to provide support.

Visit their website at: [www.eycs.co.uk](http://www.eycs.co.uk)  
Call or text on **07879 761 660**