



# ANXIETY RESOURCES

Anxiety is a natural human response to threat. We used to need it a lot and so our bodies still have the ability to tell us when we might need to run, hide, stop or play dead (like in caveman times, running from bears). Sometimes our threat detector can be a bit over-active and so we feel worried a lot. This is anxiety. How it feels is different for everyone and can be caused by different things. The good news is, you aren't alone and there are things that can help.

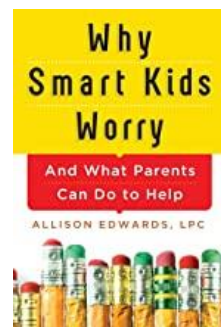
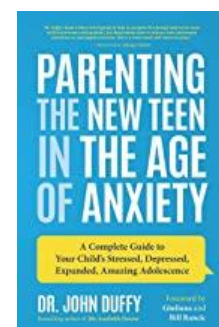
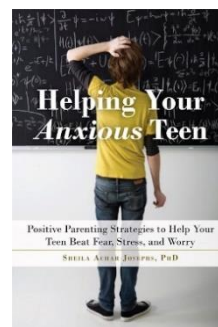
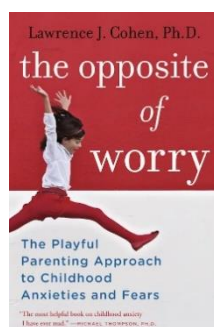
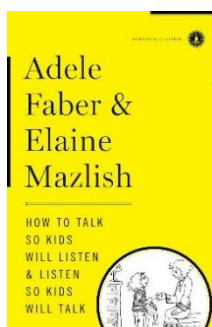
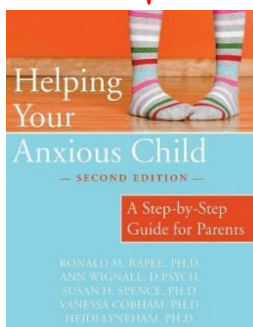
## Information, Support and Advice:

- Mind - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>
- The Mix - <https://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias>
- Every Mind Matters (NHS) - <https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/>
- Mind Mate - [mindmate.org.uk/coping-common-issues/feeling-really-stressed-worried/](http://mindmate.org.uk/coping-common-issues/feeling-really-stressed-worried/)
- Rethink Mental Illness - <https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/anxiety-disorders/>
- Young Minds - <https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>

## Parent Information, Support and Advice:

- Young Minds - <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>
- Anna Freud (Mentally Healthy Schools) - <https://mentallyhealthyschools.org.uk/resources/supporting-children-with-anxiety-tools-for-parents/>
- Charlie Waller - <https://charliewaller.org/mental-health-resources/anxiety/supporting-a-child-with-anxiety>

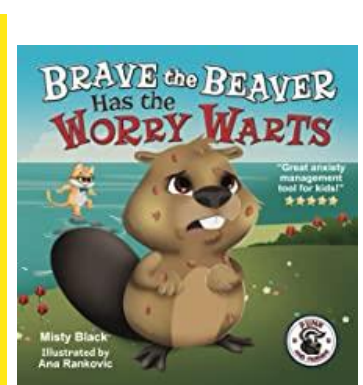
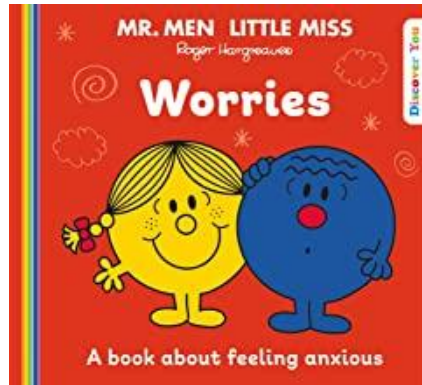
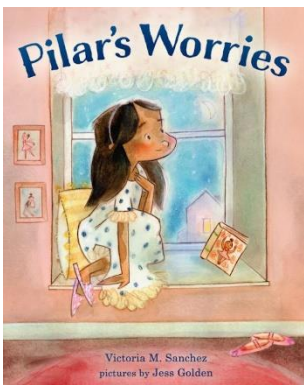
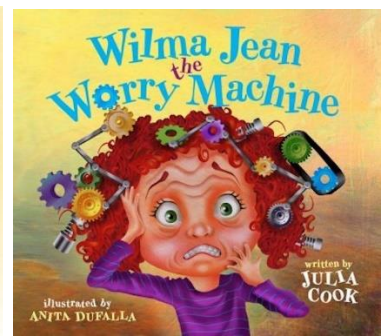
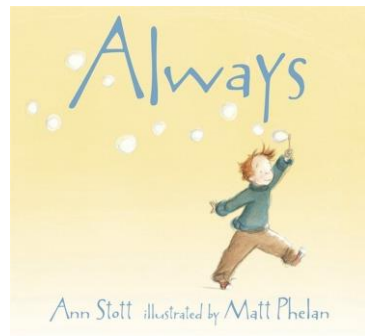
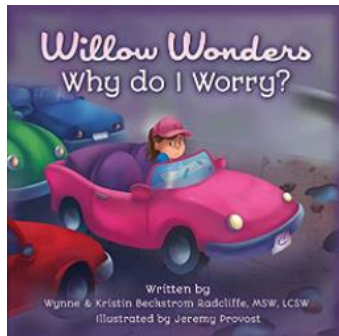
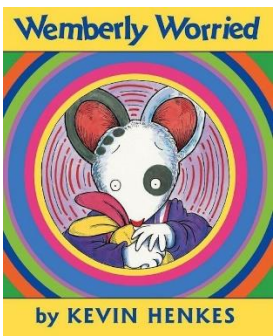
## Books for Parents/Guardians:



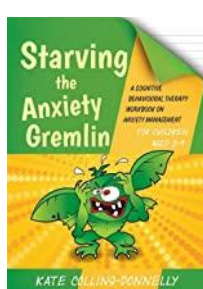
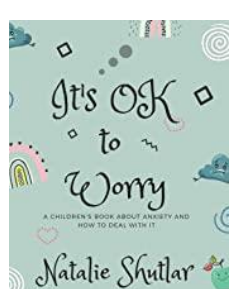
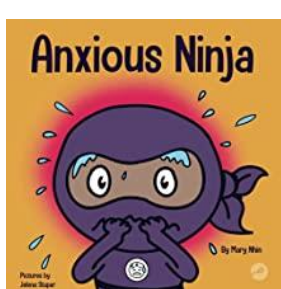
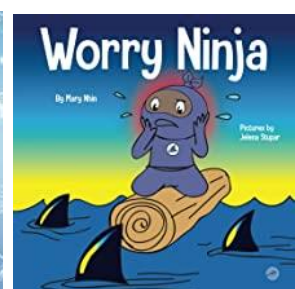
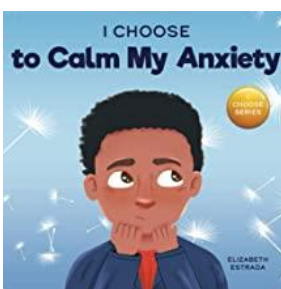
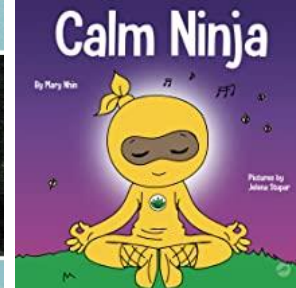
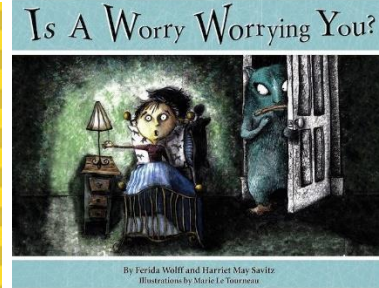
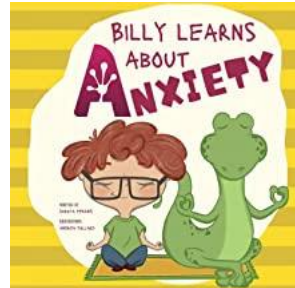
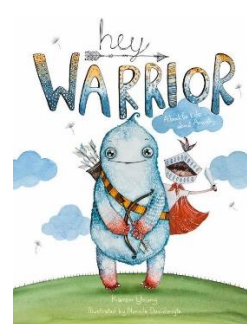
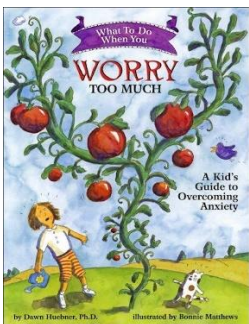


# ANXIETY RESOURCES

## Books for Younger Children:



## Books for Children/Young People:







# ANXIETY RESOURCES

## Books for Teenagers/Young Adults:



## Personal Accounts:

