Anxiety: What can you do with it?

For what age?
- Primary
- Secondary
- Post 16

At what level?
- All levels

What is the course about?
- To give information about anxiety in its different forms
- To consider prevalence in school population
- To look at specific kinds of anxiety and how we might support children and young people with different problems
- To look at evidenced based approaches that help when people are anxious – CBT based approaches in particular will be discussed as well as mindfulness and aspects of psycho-education

Who is this course Suitable for?
- Sensitive adults working with children

What do delegates say?
- Will help to understand school refusers!
- Good enjoyable course - lots of really useful materials!
- Presenters were helpful and informative!

What do children say?
- I did not understand when I was younger why I felt as I did – with help I do now.
- It helped having someone in school who understood how I was feeling!

How do we know it works?
There is a strong evidence base supporting the usefulness of raising awareness of various mental health issues in school, including anxiety and anxiety driven behaviours. CBT based approaches are particularly useful in helping to overcome anxiety. There is also growing evidence of the efficacy of other approaches.

Where can I access training?
To access centralised training for this course, including at the TaMHS Conference if appropriate, please visit: www.northamptonshire.gov.uk/TaMHS
Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator: tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist.