

ANXIETY

Mental Health Foundation

Information about how to overcome fear and anxiety

<https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety>

The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people.

<https://www.mentalhealth.org.uk/publications/anxious-child>

Mind

Explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

NHS

Information for both adults and children on anxiety.

Anxiety, fear and panic: <https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

Generalised anxiety disorder in adults: <https://www.nhs.uk/conditions/generalised-anxiety-disorder/>

Anxiety disorders in children: <https://www.nhs.uk/conditions/anxiety-disorders-in-children/>

Every Mind Matters

Information and resources about anxiety

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

Royal College of Psychiatrists

Information on anxiety, panic and phobias

<https://www.rcpsych.ac.uk/mental-health/problems-disorders/anxiety-panic-and-phobias>

Young Minds

Information on anxiety and feeling anxious for young people

<https://youngminds.org.uk/find-help/conditions/anxiety/>

Anxiety UK

Information on anxiety including links to further information on specific types of anxiety conditions. Includes downloadable factsheets.

<https://www.anxietyuk.org.uk/get-help/anxiety-information/>