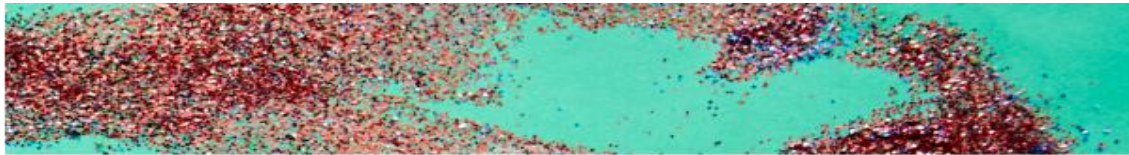
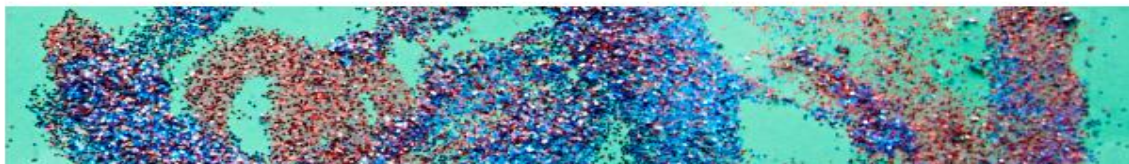


Helping children and young people to manage anxiety: A practical guide



Helping children and young people to manage anxiety

*A practical guide to supporting
pupils and students during
periods of disruption*



This **booklet** draws on the existing evidence base around self-care and Cognitive Behavioural Therapy (CBT) to think about how we can support children and young people struggling with anxiety. It is aimed at supporting teachers working remotely with children, and can also be shared to support parents and carers who are playing a more significant role than ever in their child's education at a challenging time.

7 ways to support children and young people who are worried



We go into more detail about CBT in this document: [7 ways to support children and young people who are worried](#). CBT is recognised by NICE guidelines as an evidence-based treatment. We identify seven ways you can use CBT to help children and young people who may be experiencing anxiety. This is a document you may wish to share with parents and carers.

Coronavirus research bite #1

In these uncertain times it's important to use the evidence base we have to help inform how we respond to children and young people. We're launching a series of research bites which outlines the evidence for particular interventions. They're short, snappy and readable. Our first one focuses on self-management strategies for young people experiencing anxiety to support our other resources on anxiety this week. Read it [here](#).

Educational Research study: Impact of covid-19 on school staff

Finally, we want to make sure the wellbeing of staff is not forgotten. We are working with South Tyneside Educational Psychology Service to share this [research questionnaire](#) which seeks to explore and understand the impact that the COVID-19 pandemic is having on school staff across the UK. The survey will be followed up with two short follow-up questionnaires to capture data as we move through the current crisis. Please have a look and contribute your thoughts. We'll feedback the results when they're published.
