**Anxiety**

The NHS website gives tips, advice, treatments and videos on how to support pupils who suffer with various forms of Anxiety.

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/#.WX8Izk9TEdU>

<https://www.mind.org.uk/media/1892482/mind_anxiety_panic_web.pdf>

Good webpage that directs you to Phone/Tablet APPs that you can use with pupils-

<https://www.adaa.org/finding-help/mobile-apps>