



Supporting the anxiety (intervention)

Supporting approach 'Websites for parents & carers'	Making it successful	Resources
<p>Developing a better understanding of mental health and wellbeing is known as psycho-education.</p> <p>Children and young people learning more about their mental health and wellbeing needs will be assisted if adults that are closest to them in their lives also develop their understanding.</p>	<p>The resources that will assist parents and carers will differ.</p> <p>Review the content before you signpost a parent to it and think about suitability based on your understanding of the needs of the child/young person and their parent(s)/carer(s).</p> <p>This will also help you start and continue to have conversations about the content as a parent accesses it, with the overall aim to assist parent(s)/carer(s) involvement and partnerships in supporting their child.</p>	<div data-bbox="1010 632 1346 695"> </div> <p>Supporting A Child With Anxiety Tips & Advice YoungMinds</p> <p>Worries and anxieties - helping children to cope - for parents and carers Royal College of Psychiatrists (rcpsych.ac.uk)</p> <div data-bbox="1005 914 1189 1011"> </div> <p>Anxiety in children - NHS (www.nhs.uk)</p> <p>Children and young people with a range of additional support needs, including those with Autism Spectrum Disorder have a higher likelihood of experiencing anxiety, stress and worry. These are some specific resources for parent(s)/carer(s) of these young people:</p> <div data-bbox="1005 1233 1227 1326"> </div> <p>Anxiety (autism.org.uk)</p>