



## Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p><b>'Psycho-education videos'</b></p> <p>Learning about oneself and developing a better understanding of mental health and wellbeing is known as psycho-education.</p>	<p>The resources that will explain best to children/young people will differ.</p> <p>It is often better to have a range of resources available.</p> <p>These are best used alongside an adult who can help the child/young person to talk about how the content might be relevant to them.</p>	<p>Video from Anxiety Canada (2019). <a href="#">Anxiety explained for children</a>. (2.12mins)</p> <p>Video from Anxiety Canada (2019). <a href="#">Anxiety explained for teens</a>. (2.41mins)</p>