



Supporting the anxiety (intervention)

Supporting approach 'Websites for children and young people'	Making it successful	Resources
<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 an adult look over some of the sites with a child/young person first and explore the information there.</p>	<div style="display: flex; flex-direction: column; align-items: flex-start;"> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="margin-left: 20px;"> <p><u>Aye Feel Young Scot</u></p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="margin-left: 20px;"> <p><u>YoungMinds Mental Health Charity For Children And Young People YoungMinds</u></p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="margin-left: 20px;"> <p><u>Anxiety, stress and panic Childline</u></p> </div> </div> <div style="margin-bottom: 20px;"> <p><u>Worries and anxieties - for young people Royal College of Psychiatrists (rcpsych.ac.uk)</u></p> </div> </div>