

SOCIAL ANXIETY RESOURCES: FOR CHILDREN, ADOLESCENTS, PARENTS, AND SCHOOLS

RESOURCES FOR CHILDREN AND ADOLESCENTS



Anxiety UK offers services delivered by professionals to support individuals with anxiety, stress, and anxiety based depression and offer:

- Access to talking therapies
- Booklets on understanding anxiety
- Social anxiety fact sheets such as <https://www.anxietyuk.org.uk/products/fact-sheet/fact-sheets-downloadable/children-and-anxiety-fact-sheet-instant-download/>
- Infoline: 03444 775 774 Monday to Friday, 9.30-5.30pm
- Acupuncture services
- Therapist-led anxiety management group
- Peer-led support groups

More information at: <https://www.anxietyuk.org.uk/get-help/anxiety-uk-national-infoline-service/infoline-email-text-live-chat-services/self-help-groups-copy/>



Social Anxiety UK is a volunteer-led organization that aim to provide information and act as a central hub for the community.

- Services include chatrooms and forums intended for social anxiety sufferers to socialize
- Email: contact@social-anxiety.org.uk
- Website: <https://www.social-anxiety.org.uk/>



Anxiety Care UK is a community organization based in Redbridge and is run by trained volunteer recovery support workers. Services include: **(ONLY FOR PEOPLE OVER 18)**

- Mutual Support Group (CURRENTLY SUSPENDED DUE TO COVID-19)
- Face-to-face counselling (CURRENTLY SUSPENDED DUE TO COVID-19) – can self-refer
- E-Counselling service
- Recovery Information Email service

More information can be found by emailing admin@anxietycare.org.uk or at <http://www.anxietycare.org.uk>.

Telephone: 07552 877219 Address: Living Well Resource Centre, Chadwell Heath, Romford, Essex RM6 4YG



Social Anxiety Self Help (SASH) Groups London has been running groups for people experiencing social anxiety since 2004. They currently offer:

- Drop in Zoom meetings (£8-10) on Mondays

Social Anxiety Resources- Redbridge EWMHS/ CAMHS

- Occasional weekend workshop and mindfulness groups
- Location: The Open Centre, 188 Old Street, EC1V9FR
- Email: info@sashgroup.org to arrange Zoom drop-ins

More information can be found at <http://www.sashgroup.org/home>



The Free Mindfulness Project

The Free Mindfulness Project provides easy and free access to mindfulness meditation exercises. It is based on mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT). Free resources to download include:

- Mindfulness of breath
- Brief mindfulness practices
- Body scan meditations
- Sitting meditations
- Mindful movement
- Guided imagery
- Self-guided mindfulness exercises

They can be downloaded from <http://www.freemindfulness.org/download>



No Panic helps people who suffer from panic attacks, phobias, OCD, and other anxiety-related disorders. They offer youth helpline and services:

- Helpline for 13-20 year olds: 03306061174 (Monday – Friday 3 to 6pm; Thursday and Saturday 6-8pm)
- One-to-one mentoring (via telephone or online)
 - [Link](https://nopanic.org.uk/product/non-members-mentoring/) for more information: <https://nopanic.org.uk/product/non-members-mentoring/>
- Email Recovery program
 - [Link](https://nopanic.org.uk/product/email-recovery-program/) for more information: <https://nopanic.org.uk/product/email-recovery-program/>
- Audio message for when currently experiencing a panic attack (<https://nopanic.org.uk/panic-attack/>)
- Email: <mailto:info@nopanic.org.uk> or call: 0330 606 1174

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline UK is a service for children and young people. They have a Toolbox resource which includes a Calm Zone that may help children and young people who are feeling anxious, panicky, or stressed:

- Activities and tools to help you feel better
- Breathing exercises
- Activities for expressing yourself through drawing and writing
- Yoga videos
- Games
- Ways to cope videos

Social Anxiety Resources- Redbridge EWMHS/ CAMHS

These can be found at <https://www.childline.org.uk/toolbox/calm-zone/> and they also have general information on managing your anxiety.

The
Children's
Society



The Children's Society provides advice to young people from young people and are grouped according to age (0-5, 6-12, 13-17, and 18-25). Website is <https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/the-advice-resource-vault>

CLOSEST SERVICES

Therapies East – Empowering Project (by Anxiety UK)

Self-help group to assist participants deal with emotional issues, such as anxiety, depression, anger, etc. (a cost will be incurred, please contact Esther for more details)

Time: Meetings take place on the first and third Thursday of each month at Lily House in South Woodford E18 1BD

Contact: Esther Emanuel

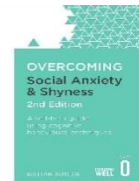
Phone: 0208 262 0471

Email: shg@empoweringprojects.org.uk (*depending on the number of young people who are interested, they can cater to 14-17 year olds, so you need to always check in with Esther to check whether a group is currently running)

USEFUL BOOKS/GUIDES

Overcoming Social Anxiety and Shyness by Dr Gillian Butler

- Uses real-life examples and cognitive behavioural techniques
- Attempts to help the reader unlearn bad habits and replace them with healthy ones
- Available in [Redbridge Libraries](#)

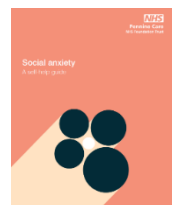


Social Anxiety: A Self Help guide by Pennine Care NHS Foundation Trust

<https://web.ntw.nhs.uk/selfhelp/leaflets/Social%20Anxiety.pdf>

Social Anxiety: A Self Help guide (easy read version) by Pennine Care NHS Foundation Trust

<https://web.ntw.nhs.uk/selfhelp/leaflets/Shyness%20and%20Social%20Anxiety%20ER.pdf>



Royal College of Psychiatrists offer information on shyness and social phobia and can be found at: <https://www.rcpsych.ac.uk/mental-health/problems-disorders/shyness-and-social-phobia>



Social Anxiety Resources- Redbridge EWMHS/ CAMHS

An interactive social anxiety self help guide by **NHS Inform Scotland**

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/social-anxiety-self-help-guide>



Mighty Moe: An Anxiety Workbook for Children

- Meant for 5-11 year olds
- Explains in an age-appropriate way what anxiety is and how it affects one's life
- A workbook which provides a child with various techniques how to relax, think positively and solve problems.

Link is <http://www.socialworkerstoolbox.com/mighty-moe-an-anxiety-workbook-for-children/>.



Hole in One: A Children's Book Dealing with Anxiety Disorder

This is a story about anxiety disorder; specifically school and performance anxiety.

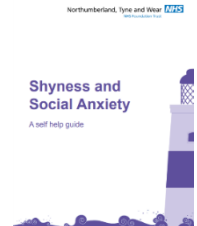
It's an opportunity for children to identify with the thoughts, feelings and actions of one who suffers from anxiety.

Link is <http://www.socialworkerstoolbox.com/hole-in-one-a-childrens-book-dealing-with-anxiety-disorder/>.



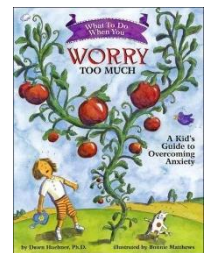
Shyness and Social Anxiety: A Self Help Guide by Northumberland, Tyne, and Wear NHS Foundation Trust

Contains information on anxiety, how to manage it, and further resources. Can be accessed here <https://www.mindcharity.co.uk/wp-content/uploads/2016/04/Shyness-and-Social-Anxiety-A4-2015.pdf>



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do Guides for Kids) by Dawn Huebner

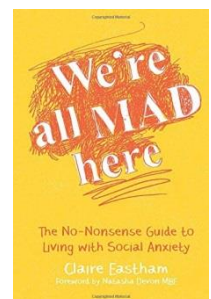
- guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety
- recommended by the Anxiety and Depression Association of America
- designed for 6-12 year olds.



We're All Mad Here: The No-Nonsense Guide to Living with Social Anxiety

by Claire Eastham and Natasha Devon

- Recommended by Reading-well
- Guide to beating social anxiety covers everything from surviving university and the workplace, through to social media and making it through parties and dates
- ISBN: 9781785920820
- Available in [Redbridge Libraries](#)



Anxiety Canada has a helpful guide on coping strategies for supporting students with social anxiety disorder. It covers:

- Calming strategies

Last updated: August 2021



Anxiety
CANADA

Social Anxiety Resources- Redbridge EWMHS/ CAMHS

- Mindful activities
- Soothing/Distracting activities
- Self-reflecting activities
- Wake me ups/energy boosters and stress relievers
- Self soothing strategies

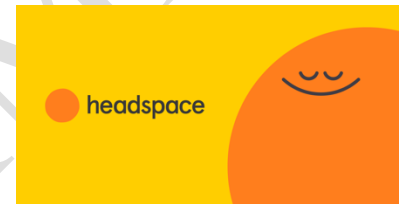
It can be accessed here http://anxietycanada.com/wp-content/uploads/2019/02/anxiety-bc-coping-strategies-v3-9.pdf?_ga=2.30554559.1097257759.1589387999-699328403.1589387999

Young Minds has a blog on tips for coping with social anxiety at <https://youngminds.org.uk/blog/tips-for-coping-with-social-anxiety/>

USEFUL APPS

Headspace

- Aimed at promoting wellbeing through meditation and mindfulness to cope with social anxiety
- More info at <https://www.headspace.com/meditation/anxiety>



Mindfulness: Finding Peace in a Frantic World

- Originally developed for a research programme at Oxford University
- Available for both Android and iPhone
- Free for first ten days then a one-off small fee



The Worrinots

- allows children to share their worries and fears in a fun, safe and controlled environment
- for children aged 4-12 year olds and their families and carers.

If you are interested in receiving a code to download the app free of charge, please contact Jasmin Atwal at Jasmin.Atwal@miprglobal.co.uk or on 07795255052.



Clear Fear

- provides ways for children and young people to manage anxiety
- developed by Dr Nihara Krause, a Consultant Clinical Psychologist, together with ideas from young people
- uses a Cognitive Behavioural Therapy (CBT) framework to help change anxious thoughts and emotions, alter anxious behaviours and calm fear responses
- typically for 11-19 year olds but younger children can use it with parent/carer support,



MeeTwo

- Award winning free fully moderated app for young people,
- Provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines



Social Anxiety Resources- Redbridge EWMHS/ CAMHS

- A neutral space which allows young people to experiment with what it feels like to open up without drawing attention to themselves
- Positive feedback and social support builds confidence, increases wellbeing and promotes emotional resilience

USEFUL VIDEOS

Three Ways to Overcome Social Anxiety by **Childline**

<https://www.youtube.com/watch?v=lzhiFMnEGtM>



The Happiness Trap: Evolution of the Human Mind by **Dr. Russ Harris**

<https://www.youtube.com/watch?v=kv6HkipQcfA&t=38s>

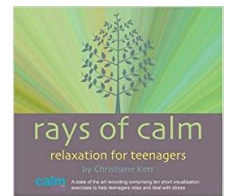


USEFUL AUDIO CDS

Recommend by **Royal College of Psychiatrists**, Rays of Calm (Calm for Kids)

BY Christiane Kerr

- Created for teenagers
- Has ten tracks ranging in length from three to eight minutes
- Leads you through various relaxation techniques and visualisations designed to promote a sense of calm and wellbeing and to help teenagers deal with stress



Smiling Mind (Australia) has a guide for parents and carers to create a mindful home. The guide contains:

- An introduction to mindfulness
- An overview of the science behind it
- Advice on supporting learning at home
- Tips on how you can start your own practice



Sign up at <https://info.smilingmind.com.au/parentsguide> to get it for free.

RESOURCES FOR PARENTS ON SOCIAL ANXIETY

Young Minds Parents Helpline

- offer advice to parents and carers worried about a child or young person under 25
- Call 0808 802 5544 for free Mon-Fri, 9.30am-4pm
- Or email at <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/>



USEFUL BOOKS/GUIDES

Coping with an anxious or depressed child

by Dr Sam Cartwright-Hatton (recommended by Anxiety UK)

- gives guidance on what you can do to give your child the best chance of recovery, as well as offering insight into the often complicated system of mental healthcare.

Last updated: August 2021



Social Anxiety Resources- Redbridge EWMHS/ CAMHS

- ISBN: 9781851684823
- Available in [Redbridge Libraries](#)

Can I tell you about anxiety? A guide for friends, family, and professionals

by Lucy Willets and Polly Waite

- Excellent and helpful summaries about different types of anxiety and suggestions about why some children develop anxiety problems and the type of treatment that might help.
- ISBN: 9781849055277
- Available in [Redbridge Libraries](#)



Helping Your Child with Fears and Worries, 2nd Edition

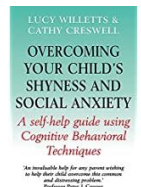
By Cathy Cresswell and Lucy Willetts

- a book for parents based on Cognitive Behavioural Therapy on how they can help their anxious child and includes lots of tried and tested strategies.
- ISBN: 9781472138613
- Available in [Redbridge Libraries](#)



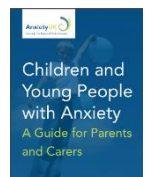
Overcoming Your Child's Shyness and Social Anxiety by Lucy Willetts and Cathy Cresswell

- a self-help guide using cognitive-behavioural technique that explains what causes shyness, how to identify social anxiety in your child (sometimes masked by anger or stubbornness) and how to gradually help your child face their anxieties and develop problem-solving strategies
- Available in [Redbridge Libraries](#)



Anxiety UK has published a guide for parents and carers of children and young people with anxiety and can be downloaded here

https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf.



Raising Children, an Australian parenting website, has a guide for children aged 3-8 years on what is social anxiety and how to help them through a number of ways, such as the stepladder approach. Can be accessed here <https://raisingchildren.net.au/school-age/health-daily-care/mental-health/social-anxiety>



raisingchildren.net.au

Mind UK has a guide for parents on anxiety and panic attacks, accessible through

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

USEFUL VIDEOS

Dan Siegel- a clinical professor of psychiatry at the UCLA School of Medicine and executive director of the Mindsight Institute. In this video he demonstrates the use of Mindsight to nurture a shy child:

<https://www.youtube.com/watch?v=ChvN2uU0KJM>



Last updated: August 2021

Anxiety Canada has a video on symptoms and strategies for social anxiety in children and teens: <https://www.youtube.com/watch?v=ypHzXOcUQwE>



RESOURCES FOR SCHOOLS ON SOCIAL ANXIETY



Living Life to the Full teaches a range of life skills based on the cognitive behavioural therapy approach and has been the number one online resource for anxiety and depression recommended by NHS England

- Free
- Online courses for teachers/educators supporting young people aged 5-12 (We Eat Elephants)
- Online courses for teachers/educators supporting young people aged 13-18 (Living Life to the Full for Young People)

More information can be found at <https://llttf.com/home/living-life-to-the-full-series/>

The Child Mind Institute has provided:

- Teachers Guide to Anxiety in the Classroom and can be accessed at <https://childmind.org/guide/a-teachers-guide-to-anxiety-in-the-classroom/>
- Anxiety in the Classroom – What it looks like and can be accessed at <https://childmind.org/article/classroom-anxiety-in-children/>



North Bristol NHS Trust has developed an excellent resource pack for anxiety in classrooms. It covers:

- Relaxation techniques
- Worries and strengths prompt sheet
- Confidence skills
- Worksheets for self-esteem and other topics

It can be downloaded from <https://www.southglos.gov.uk/documents/Classroom-Resources.pdf>



A Guide to Supporting a Child Who is Struggling to Attend School due to anxiety-related problems including social anxiety - by **School Refusal Support Services (Nottinghamshire)** and can be accessed here <https://www.nottinghamshire.gov.uk/media/128383/a-guide-to-supporting-a-child-who-is-struggling-to-attend-school-2017.pdf>



School Refusal Support Services

Psych4Schools has an ebooklet on difficulty making friends and includes recommendation for how to help:

- Build social inclusion
- Classroom and group organization, lunch and break times
- Playground support plans
- Explicitly teach social skills



Social Anxiety Resources- Redbridge EWMHS/ CAMHS

- Basic conflict resolution steps
- Work with the child's parents
- When the child is new to the school
- Toxic friendships/frenemies
- Children who require additional friendship assistance

A free excerpt can be accessed here <https://www.psych4schools.com.au/free-resources/friendship-difficulties/> and the full booklet can be bought for \$22.95 (~£12) from https://www.psych4schools.com.au/shop/difficulty_making_friends/

Inner World Work is an online parent and carer support resource center for children who are trauma experienced but their handouts identify many behaviours that children and young people with social anxiety can display, ranging from flight or fight situations. Reference guides include:

- What Survival Looks like In Primary School
- What Survival Looks like For Me
- What Survival Looks like In Secondary School



ADJUSTMENT-RELATED SOCIAL ANXIETY

These can be downloaded for free at http://www.innerworldwork.co.uk/?page_id=45.

Stem 4 supports positive teenage mental health and has developed a guide for friendship and relationship issues during the COVID-19 outbreak. There is advice on:

- Keeping connections close online
- How to overcome getting distant from your friend

Can be downloaded from [here](#). They also have a guide on how to cope with cancelled exams ([click here](#)) and how to manage your teenager's mental health for parents ([click here](#)).



Anxiety Canada has an article guide for parents on helping your child cope with going back to school <https://www.anxietycanada.com/articles/helping-your-child-cope-with-back-to-school-anxiety/>



Young Minds has a top 10 tips for parents to help their child cope with change and transitions: <https://youngminds.org.uk/media/2957/top-ten-tips-poster.pdf>



SOCIAL AND FRIENDSHIP ISSUES

Succeed Socially is a free social skills guide for adults and older teenagers. It's written by someone who had his own struggles with shyness and loneliness, and who has degrees in psychology and counseling. Core social skill trouble areas covered are:

- Shyness, social anxiety, insecurities, low self-confidence
- Making conversations
- Making friends

Succeed Socially

A free guide to getting past social awkwardness

Mental Health Foundation provides information on the importance of friendship and mental health and covers:

- How to support your friend
- How to tell your friend about your mental health problem
- Why is friendship important when someone is not well

More can be found at <https://www.mentalhealth.org.uk/a-to-z/f/friendship-and-mental-health>.



The Child Mind Institute, an independent non-profit organization in the US, has tips for helping reluctant children join in play and group activities.

- How to Help Anxious Kids in Social Situations can be accessed [here](#).
- What parents can do when kids struggle with social skills can be accessed [here](#).



Twinkl has an extensive range of friendship activities for children facing social, mental, and emotional health difficulties to use in your class. Worksheets cover:

- Friendship rules
- What I would like in a friend
- Getting to know you games

Online membership is free for unlimited access to these resources and can be accessed here <https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-social-emotional-and-mental-health-difficulties/sen-friendship-and-social-skills/sen-friendship-and-social-skills-friendships/4>



Childline has a top tips for making friends page: <https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/top-tips-making-friends/>



BBC Bitesize has an article and video on *Developing friendships* at <https://www.bbc.co.uk/bitesize/articles/z6mj47h>

