

site for the charity Anxiety UK

<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>



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FAITH, LOVE & LEARNING

# All You Need To Know About Anxiety



**Just like adults, children and young people feel worried and anxious at**

and tends to ease off at around age two to three.

It's also common for pre-school children to develop specific fears or phobias. Common fears in early childhood include animals, insects, storms, heights, water, blood, and the dark. These fears usually go away gradually on their own.

Throughout a child's life there will be other times when they feel anxiety. Lots of children feel anxious when going to a new school, for example, or before tests and exams. Some children feel shy in social situations and may need support with this.

For more information on the following see the website below -  
[When is anxiety a problem for children?](#)

[What are the signs of anxiety in children?](#)

[Why is my child anxious?](#)

[How to help your anxious child](#)

[Other ways to ease anxiety in children](#)

[When should we get help?](#)

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

### **Who do I go to for help?**

**Book an appointment to see the Learning Mentor.**

### **What is Changes?**

CHANGES is a user-led mental health charity providing a unique recovery service to those in mental distress.

Changes specific aims:

- Promoting recovery and mental well-being
- Enabling user involvement
- Influencing local and national policy and practise
- Promoting a more positive and accurate view of mental distress

[\*\*http://www.changes.org.uk/html/young\\_people.html\*\*](http://www.changes.org.uk/html/young_people.html)



**Younger Mind** offers emotional support to young people aged up to 18 years who live in Stoke-on-Trent, North Staffordshire including the Staffordshire Moorlands.

[\*\*http://nsmind.org.uk/\*\*](http://nsmind.org.uk)



**Stoke On Trent - CAMHS**

CAMHS stands for Child and Adult Mental Health