

Who can help you at school?

Who can help you?

Young Minds
www.youngminds.org.uk

Anxiety UK
tel. 08444 775 774
web: anxietyuk.org.uk
Support, help and information for
those with anxiety disorders

No Panic
helpline: 0800 138 8889
web: nopanic.org.uk

Samaritans
24-hour helpline: 08457 90 90 90
web: samaritans.org
Emotional support for anyone
feeling down or struggling to cope.

CAMHS
Child and Adolescent Mental Health Services
<http://www.nottinghamshirehealthcare.nhs.uk/information/information-leaflets/child-and-adolescent-mental-health-services>

CASY (Counselling and Support for Young People)
01636 704 620
16 London Rd, Newark, NG24 1TW
A free confidential, one to one counselling service to
young people aged from 6 to 25 within the area of the East
Midlands.

Get Self Help:
www.getselfhelp.co.uk/anxiety.htm
Website has lots of resources around a range of mental
health issues including a downloadable self-help course on
anxiety.



CHILDHOOD

ANXIETY



