

NHS
**Blackpool Teaching
Hospitals**
NHS Foundation Trust

ANXIETY RESOURCE PACK

This pack contains some useful self-help resources recommended by Blackpool CAMHS.

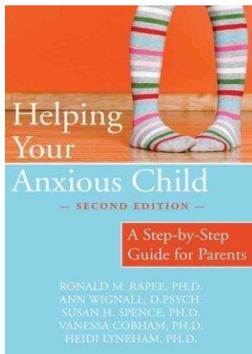
**Blackpool Child and Adolescent Mental Health Service
Whitegate Drive Health Centre
150-158 Whitegate Drive
Blackpool
Lancashire
FY3 9ES**

Telephone: 01253 957160

Useful Websites and Self-Help Materials

- <https://mindedforfamilies.org.uk/young-people>
This link provides general advice to parents including top tips to build confidence and resilience.
- <https://youngminds.org.uk/find-help/conditions/anxiety/>
This link provides general information on anxiety, including symptoms, treating anxiety and where to get help.
- <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>
This link describes what causes worries or anxieties and the effect on young people.
- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/>
This link features a downloadable booklet which advises on different types of anxiety, including panic attacks, and strategies to manage anxiety.
- <https://www.moodjuice.scot.nhs.uk/anxiety.asp>
This contains a self-help guide to work through.
- <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>
Information and tips for parents to support their child who is struggling with anxiety are provided in this guide with links to further helpful sites.
- <https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>
This link features detailed information on anxiety for the child or young person, their parents and even resources for schools advising on a range of therapies and helpful links.
- <https://nipinthebud.org/child-mental-health-conditions/recognising-anxiety/>
This fact sheet provides information on the signs, symptoms and explains how anxiety can specifically impact on young people.

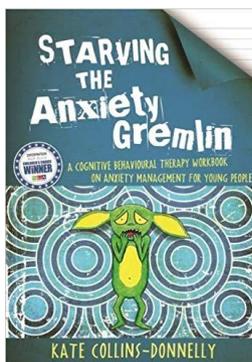
Books



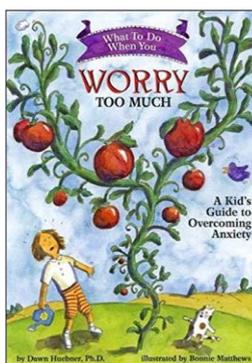
Helping Your Anxious Child: A Step-by-Step Guide for Parents by Ronald Rapee (2008)



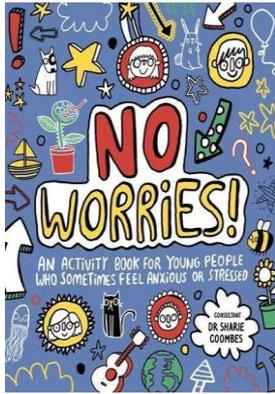
Helping your Child With Fears and Worries: A Self-Help Guide for Parents by Cathy Creswell and Lucy Willetts (2019)



Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People by Kate Collins-Donnelly (2013)



What to do when you worry too much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner (2005)



No Worries! An Activity Book for Young People Who Sometimes Feel Anxious or Stressed, written in association with Dr Sharie Coombes (2017)

Apps

NHS recommended apps can be found at the following links:

<https://www.nhs.uk/apps-library/category/mental-health/>

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/>

Local and Crisis Services

Blackpool CAMHS:

Open Monday to Friday between 9am-5pm. You can call 01253 957160 should a young person's mood, anxiety or behaviour deteriorate and cause concern. You can ask to speak to the young person's care co-ordinator if they have already accessed the service. If not, or if you are concerned about immediate risk, you will be directed to the duty practitioner. They will be able to provide support and guidance as to whether an urgent appointment can be arranged, provide safety advice or can advise on whether the young person needs to attend A&E for immediate support.

CASHER (Child & Adolescent Support & Help Enhanced Response Team):

Provide out of hours service from 5pm till 10pm Monday-Friday and 10am to 8pm Saturday and Sunday. The CASHER Team are based at Blackpool Victoria Hospital. They see young people up to the age of 25 who require mental health support out of normal hours. They also run a weekend clinic from 2pm-3pm every Saturday and Sunday.

A group for 10-16-year olds is additionally operated:

- Every Tuesday at Talbot & Brunswick Family Centre, Gorton Street, Blackpool between 6-8pm
- Every Wednesday at The Zone, Fleetwood between 6.30-8.30pm.

The CASHER Team phone will be answered between the shift hours on **07810 696565**.

YOUTHERAPY:

Youtherapy offer counselling to young people aged between 11-25 years old. They can provide support if:

- You have found yourself in a situation that makes you feel anxious, unhappy, confused or angry.
- You are aware of a behaviour you would like to change.
- You are struggling with situations in your life, such as self-harm.

You can self-refer by telephone: **01253 955858** for enquiries Monday to Friday 9am – 5pm. If for any reason you are not coping and need someone to talk to, you are welcome to attend the drop-in sessions which are every Wednesday between 3:30pm and 5.00pm at Connect, 26 Talbot Road, Blackpool, FY1 1LF.

Young Minds:

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

They aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better. You'll text each other, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. You might be signposted to other services, so that you can continue to get support.

The crisis messenger service can help with urgent issues such as:

- Suicidal thoughts
- Abuse or assault
- Self-harm
- Bullying
- Relationship issues