**Supporting your child to cope with anxiety and stress**

**Anxiety and Stress**

It is normal to experience anxiety and stress sometimes, but this time of year can be particularly challenging with the build up to exams or assessments. Support your child to manage anxiety, learn how stress may present and the impact it can have. Share advice about developing healthy coping strategies.

**How can I talk to my child about anxiety?**

[[[This may help](https://thismayhelp.me/how-to-support-a-chid-with-anxiety/)](https://thismayhelp.me/how-to-support-a-chid-with-anxiety/)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Feu-west-1.protection.sophos.com%2F%3Fd%3Doutlook.com%26u%3DaHR0cHM6Ly9nYnIwMS5zYWZlbGlua3MucHJvdGVjdGlvbi5vdXRsb29rLmNvbS8_dXJsPWh0dHBzJTNBJTJGJTJGdGhpc21heWhlbHAubWUlMkYmZGF0YT0wNSU3QzAxJTdDb2xpdmlhLm1haG9uZXklNDBuaHMubmV0JTdDY2MwOTI3ZTEyMzBjNDFhNzdiOGYwOGRhYmNhODg4YzMlN0MzN2MzNTRiMjg1YjA0N2Y1YjIyMjA3YjQ4ZDc3NGVlMyU3QzAlN0MwJTdDNjM4MDI5NzI5MjgwNDI0MDMzJTdDVW5rbm93biU3Q1RXRnBiR1pzYjNkOGV5SldJam9pTUM0d0xqQXdNREFpTENKUUlqb2lWMmx1TXpJaUxDSkJUaUk2SWsxaGFXd2lMQ0pYVkNJNk1uMCUzRCU3QzMwMDAlN0MlN0MlN0Mmc2RhdGE9bGlSa3hncEUlMkI4dm9xRFAzcWUlMkZMWWpRc0N5RG04WjlZSXY2S1psRDI2Q1klM0QmcmVzZXJ2ZWQ9MA%3D%3D%26i%3DNTlhZmJjNjljOTNiZDgxMmQ5YTJmN2E4%26t%3DTVNFK09FV0pEaENxYXIwc1BwcDVFRVZxTmFnTWhITWdVMjYzVk9jVm9mZz0%3D%26h%3D6ddb74b5800d4649bae936b5b763155f%26s%3DAVNPUEhUT0NFTkNSWVBUSVa2F0QRpRZPxJ0G1SH%2BhgHeQukENlkUIg0FVQuQvFQNxQ%3D%3D&data=05%7C01%7Canna.sims%40norfolk.gov.uk%7C52e5858a48154bee380708dabccd535e%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C638029887290280680%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=krlpzV3o0bkLQkAXatwqIJWK8Xgq5YowQZFaWMiVcnw%3D&reserved=0) to support a child when speaking about anxiety

**How can I find out more?**

[Emotional health support and guidance](https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/)

[Just One Norfolk advice and resources for families](https://www.justonenorfolk.nhs.uk/school-life/resources-for-families/)

[Parents and Careers | Advice and Guidance | Anna Freud Centre](https://www.annafreud.org/parents-and-carers/)

**Signposting for your child (please check the links for suitability):**

* [Childline:Coping with stress](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/coping-with-stress/)
* [Childline:Exam stress](https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/)
* [Young Minds:Stress bucket activity](https://www.youngminds.org.uk/professional/resources/stress-bucket-activity/)
* [Young Minds Struggling with anxiety](https://www.youngminds.org.uk/professional/resources/supporting-a-young-person-struggling-with-anxiety/)
* [Anna Freud self-care strategies for teenagers](https://www.annafreud.org/on-my-mind/self-care/)
* [Kooth](https://www.kooth.com/) (11-25 years)
* Chat Health 07480 635060 (11-19 years)
* Anna Freud Free Confidential Text Line – Text AFC to 85258

**Signposting to mental health services**

[Mental Health advice and support for 0- 25yrs](https://www.justonenorfolk.nhs.uk/mentalhealth)

[Request for support for mild to moderate mental needs](https://www.justonenorfolk.nhs.uk/mhsupport)

**Signposting to support adults**

[Wellbeing Service for 16+](https://www.wellbeingnands.co.uk/norfolk/reach-out/)

<https://www.qwell.io/>

Anna Freud Free Confidential Text Line. Text AFC to 85258.