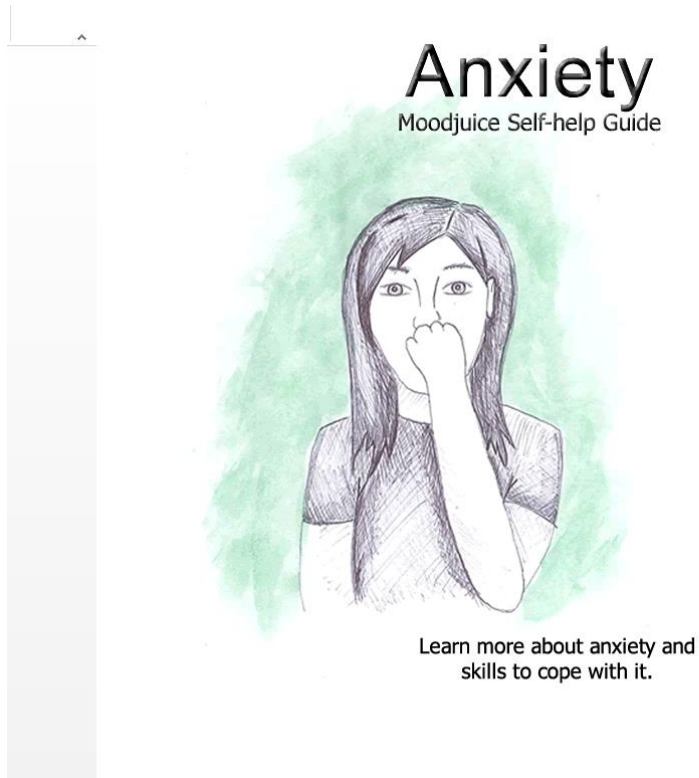


Anxiety

Mood Juice: Self Help Guide

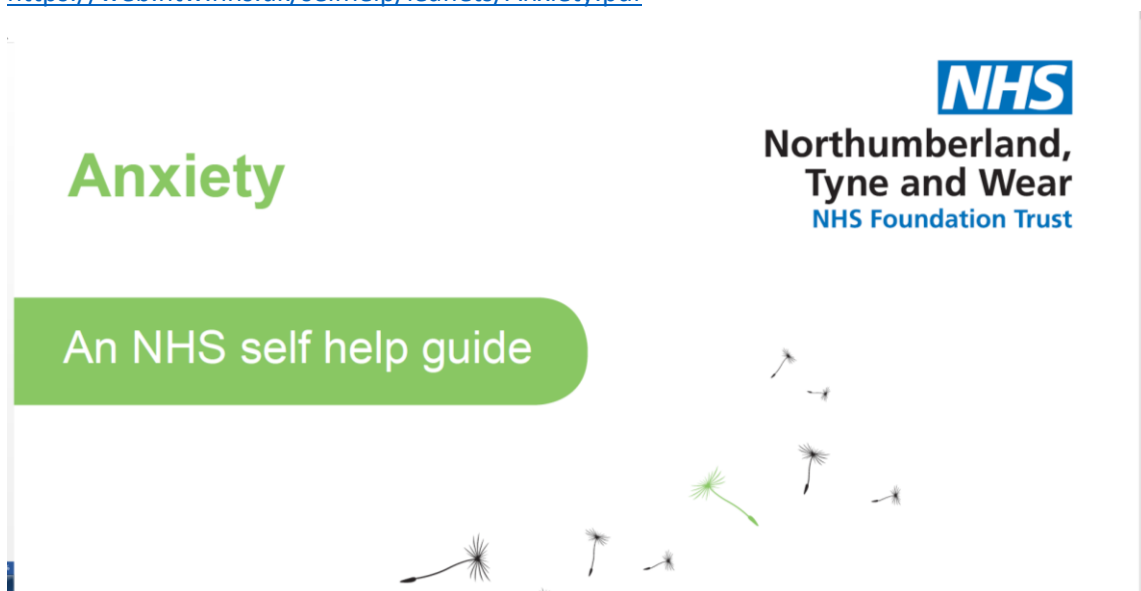
<http://www.moodjuice.scot.nhs.uk/anxiety.asp>



The image shows the cover of a self-help guide titled "Anxiety" from Mood Juice. The title "Anxiety" is in a large, bold, black font, with "Moodjuice Self-help Guide" in a smaller font below it. The central illustration is a pencil-drawn woman with long hair, her hand to her mouth in a thoughtful or anxious pose, set against a soft green watercolor background. Below the illustration, the text reads "Learn more about anxiety and skills to cope with it."

NHS: Anxiety – An NHS Self Help Guide

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



The image shows the cover of an NHS self-help guide titled "Anxiety". The title "Anxiety" is written in a large, bold, green font. Below it, a green rounded rectangle contains the text "An NHS self help guide" in white. In the top right corner, the NHS logo is displayed above the text "Northumberland, Tyne and Wear NHS Foundation Trust". The bottom of the cover features a decorative illustration of several dandelions with their seeds blowing away.

Bee-U: Self Help

<https://camhs.mpft.nhs.uk/beeu>

Kooth

Kooth provide an anonymous 24-hour online service offering peer support, self-help and have trained counsellors to talk to. Anyone aged 11-25, living in Shropshire and Telford & Wrekin, can register to access this service and you don't need to be referred or have an appointment.

Whilst the website is available 24 hours, there will be someone to talk to online at the following times:

- 12:00 to 22:00 (Monday to Friday)
- 18:00 to 22:00 (Saturday, Sunday and Bank Holidays)

For more information visit Kooth - www.kooth.com

The Children's Society

The Children's Society deliver health promotion, prevention and early help and support as well as working with young people to aid transition/sign posting to other services or resources. Drop in sessions are available in Shrewsbury and Telford.

BEAM Telford

Mondays 2:00pm-6:00pm

Hollinswood Neighbourhood Centre, 7 Downemead, Hollinswood, Telford TF3 2EW

BEAM Shropshire

Thursdays 2:00pm-6:00pm

Palmers Coffee Shop, Belmont Church Claremont Street, Shrewsbury SY1 1QG

You don't need to be referred or have an appointment. For more information you can email at

AskBeam@childrenssociety.org.uk

For more information about The Children's Society please visit www.childrenssociety.org.uk

Young Minds: Anxiety

https://youngminds.org.uk/find-help/conditions/anxiety/?gclid=Cj0KCQjwk_TbBRDsARIsAALJSObCN-VrorO3qHNZ2cT6Rzcj8pYQSFJYftPS1QSTfwH1-QelO3edolaAjRKEALw_wcB

The screenshot shows the Young Minds website page for Anxiety. The page features a navigation bar with links for 'Find Help', 'Get Involved', and 'What We Do'. Below the navigation bar, there is a search bar and a 'Parents Helpline' button. The main content area includes a heading 'Anxiety' and a sub-heading 'It's really common to develop anxiety at some point. Find out here what causes it and what you can do to feel better.' Below this, there is a list of links: 'What is anxiety?', 'The symptoms of anxiety', 'What to do about anxiety', 'Treating anxiety', and 'Where to get help'. The background image shows a young girl with glasses reading a book.

Mind: Understanding Anxiety and Panic Attacks

<https://www.mind.org.uk/media-a/2963/anxiety-2017.pdf>



anxiety and
panic attacks