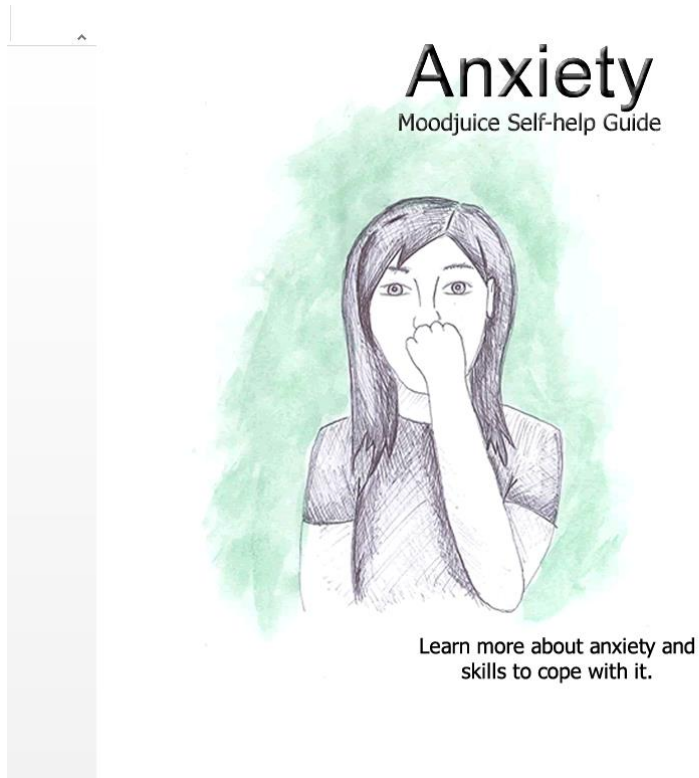


Anxiety

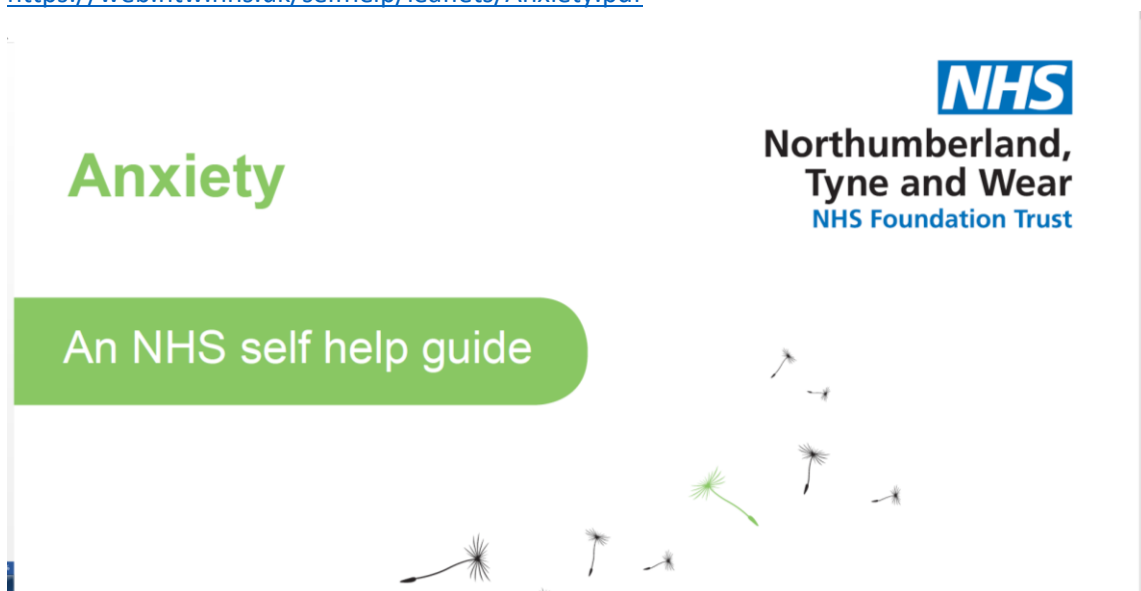
Mood Juice: Self Help Guide

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



NHS: Anxiety – An NHS Self Help Guide

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



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 Downmead, 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://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>

The screenshot shows the Young Minds website interface. At the top, there is a navigation bar with the Young Minds logo on the left and menu items: ABOUT US, TRAINING, RESOURCES, SHOP, BLOG, CONTACT US, and MY BASKET. Below this is a secondary navigation bar with 'Find Help', 'Get Involved', and 'What We Do' sections, along with a search icon and 'Parents Helpline' and 'Donate' buttons. A breadcrumb trail reads 'You are here: Home / Find Help / Conditions / Anxiety'. The main content area features a large image of a young woman with glasses reading a book. Overlaid on the image is a white box with the title 'Anxiety' and a sub-headline: '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 is a yellow box containing a list of links: 'What is anxiety?', 'The symptoms of anxiety', 'What to do about anxiety', 'Treating anxiety', and 'Where to get help'.

Mind: Understanding Anxiety and Panic Attacks

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



anxiety and
panic attacks