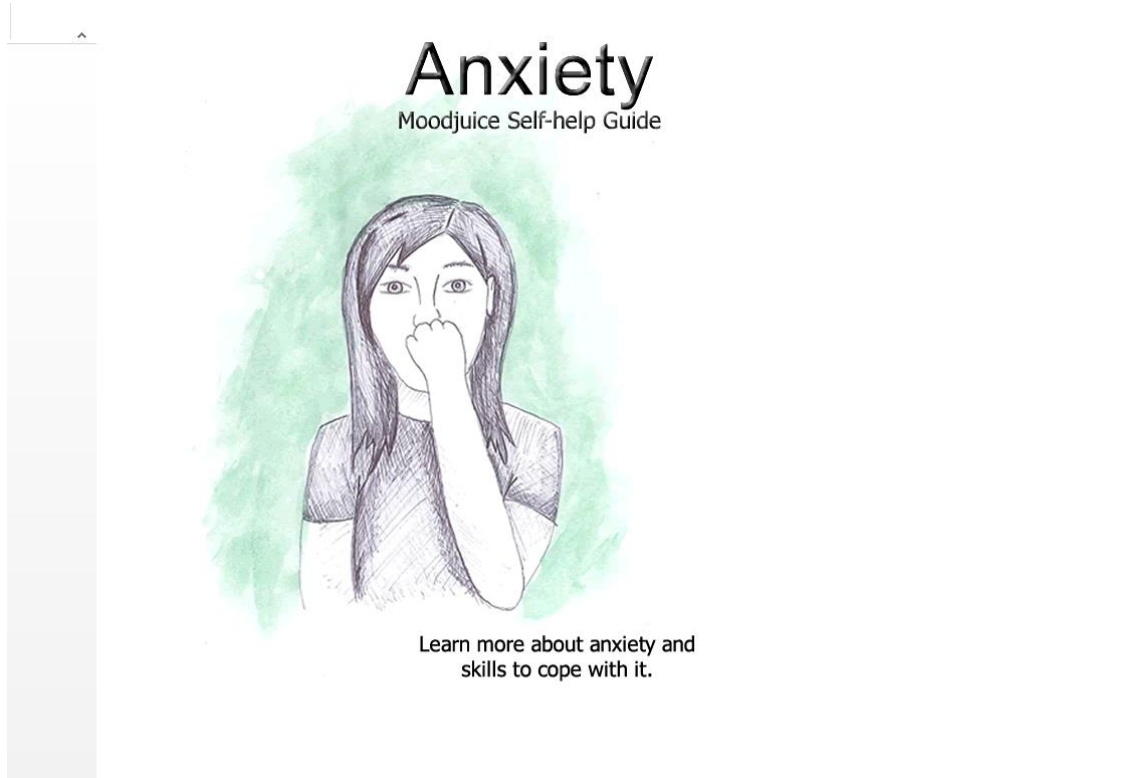


## **Anxiety**

Mood Juice: Self Help Guide

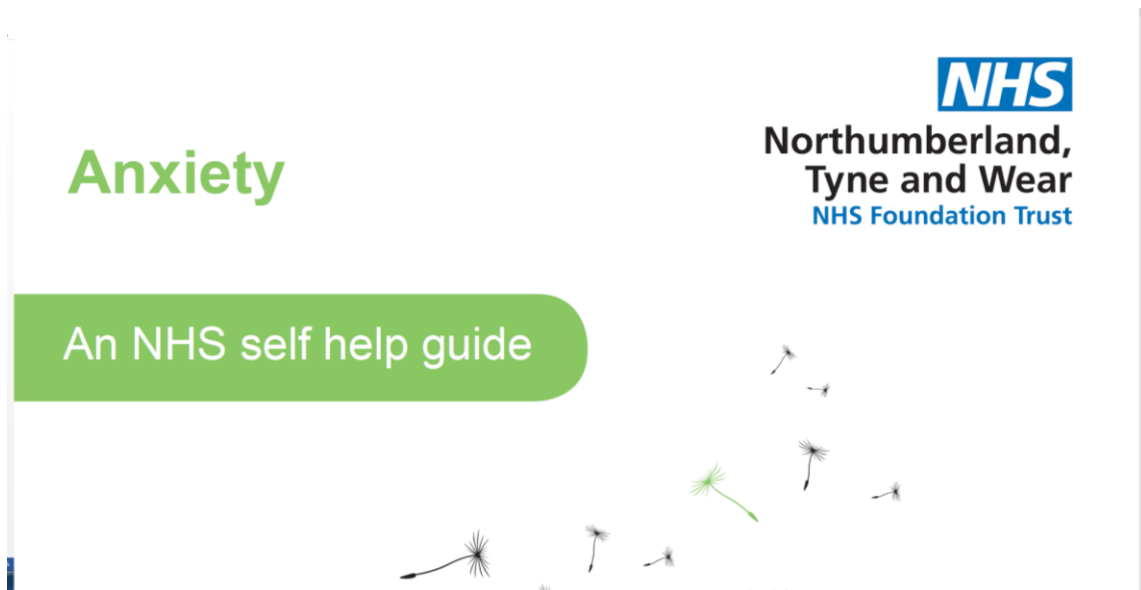
<http://www.moodjuice.scot.nhs.uk/anxiety.asp>



The image shows the cover of a self-help guide titled 'Anxiety' from the 'Mood Juice' series. At the top, the word 'Anxiety' is written in a large, bold, black font, with 'Moodjuice Self-help Guide' underneath it in a smaller font. Below the text is a central illustration of a woman with long dark hair, wearing a dark top, with her hand to her mouth in a thoughtful or anxious expression. The background behind her is a soft, green, watercolor-like wash. Below the illustration, the text 'Learn more about anxiety and skills to cope with it.' is centered. The entire cover is framed by a light grey border.

NHS: Anxiety – An NHS Self Help Guide

<https://web.ntw.nhs.uk/selfhelp/leaflets/Anxiety%20A4%202016%20FINAL.pdf>



The image shows the cover of an NHS self-help guide titled 'Anxiety'. The word 'Anxiety' is written in a large, bold, green font on the left side. On the right side, the NHS logo is displayed in blue, with the text 'Northumberland, Tyne and Wear NHS Foundation Trust' below it. A green rounded rectangular button on the left contains the text 'An NHS self help guide' in white. At the bottom of the cover, there is a decorative illustration of several dandelion seeds blowing away in the wind. The entire cover is framed by a light grey border.

## Bee-U: Self Help

<https://beeu.org.uk/self-help/>

### 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](http://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

Palmer's 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](mailto:AskBeam@childrenssociety.org.uk)

For more information about The Children's Society please visit [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

## Young Minds: Anxiety

[https://youngminds.org.uk/find-help/conditions/anxiety/?gclid=Cj0KCQjwk\\_TbBRDsARIsAALJSObCN-VrorO3qHNZ2cT6Rzcj8pYQSFJYftPS1QSTfwH1-QelO3edolaAjRKEALw\\_wcB](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 blue header with navigation links: ABOUT US, TRAINING, RESOURCES, SHOP, BLOG, CONTACT US, and MY BASKET. Below the header is a navigation bar with 'Find Help', 'Get Involved', and 'What We Do' sections. A search bar and 'Parents Helpline' and 'Donate' buttons are also present. The main content area has a white background with a large image of a young woman reading a book. Overlaid on the image is a white box with the title 'Anxiety' and a yellow box with a list of links: 'What is anxiety?', 'The symptoms of anxiety', 'What to do about anxiety', 'Treating anxiety', and 'Where to get help'. The breadcrumb trail at the top of the content area reads: 'You are here: Home / Find Help / Conditions / Anxiety'.

Mind: Understanding Anxiety and Panic Attacks

[https://www.mind.org.uk/media/1892482/mind\\_anxiety\\_panic\\_web.pdf](https://www.mind.org.uk/media/1892482/mind_anxiety_panic_web.pdf)

