

## **How do you support a child with anxiety?**

Many students experience short but significant periods of high anxiety, stress, distress or anger that affect their education. This can include:

- Forming and maintaining relationships
  - Bereavement
  - Attitudes to attainment
  - Attendance
  - Self-esteem
  - Life outside school
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- The first thing students or parents can do is let school know so we can work with the family to look for the right support.
  - Very often worries can be alleviated by talking through things with a member of staff such as the Year Manager or trusted teacher.
  - Students are often relieved if they know their teachers understand their situation and they don't have to explain why they haven't done some work for example
  - KOOOTH is a web-based counselling service and online chat forum which supports young people with anxiety and depression.
  - Golddigger is a Sheffield based counselling service which specialises in a wide variety of student issues including anxiety. Students/parents can approach Golddigger themselves or school can make a referral.
  - 'Mole Hill Mountain' is a popular app used by students with anxiety here at King Egbert School
  - We provide peer mentoring and we also have a Wellbeing Café, (supported by CAMHS) in school. Miss Machin and the SEN team will continue to support