

Ways to help cope with anxious feelings



Relax your body



Talk to someone



Exercise



Calm breathing



Visualisation



Challenge thoughts

Further help



*A charity with lots of information
and support*

<https://youngminds.org.uk/>



Not Fine in School

*A parent-led organisation
supporting young people and
families*

<https://notfineinschool.org.uk/young-people>



*A website to help young people
support their friends through
emotional struggles*

www.epicfriends.co.uk



*Door 43 is a Youth Information,
Advice, Counselling and Support
Service (YIACS) within Sheffield
Futures*

www.sheffieldfutures.org.uk/i-need-help/door43/



*A free, safe and anonymous
online support for young people*

www.kooth.com

***Are you
worried about
going to
school?***



***Booklet for
young people***