

## Supporting children and young people struggling with anxiety or depression

Depression and anxiety are quite common in children and young people. [Tanya Byron](#) suggests “If your child is struggling with anxiety, explain what anxiety is and the physical effects it has on a person. They can learn to spot the signs early and see anxiety as a wave that they can surf and manage using breathing and relaxation techniques. Distraction from anxious thoughts helps so make a list of favourite activities and also encourage them to write their anxieties down or post them in a ‘worry box’ to discuss with you at the end of the day and find ways to manage”.

If you think your child may be depressed, it's important to talk to them. Try to find out what's troubling them and how they're feeling. Their problem may seem small to you, but you must take it seriously. Let them know that you are concerned and that you are there to support them if they need it. Encourage them to talk to someone else they trust, such as another family member, a friend or someone at school.

If you think your child is depressed, or you're concerned about their general wellbeing, make an appointment with them to see a GP. If necessary, the GP can refer your child to a local children and young people's mental health service (CYPMHS) for specialist help.

[Click here](#) to access urgent help for a child or a young person:

Below we have listed useful links to more tips, advice and apps on helping children and young people with anxiety and depression:

- [Comprehensive advice](#) from Youngminds.org.uk on helping your child with anxiety
- [Advice](#) on how to support a child or a young person with depression
- [Apps](#) to help with mental health, including stress, anxiety, self-harm, etc.
- [Voluntary local community-based support](#) service for young people
- [Books](#) to help kids and young people with anxiety by Dawn Heubner