

Anxiety Support

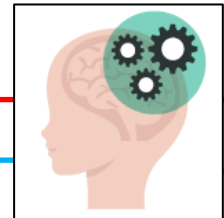
Mental Health Support Team (MHST)

A Mental Health Support Team is working with your school or college. Within this team, are Educational Mental Health Practitioners (EMHPs); one of the EMHP roles is supporting young people to manage their symptoms of anxiety.



What is Anxiety?

- Anxiety is a **normal** emotion that everyone experiences in their lives.
- Anxiety is a feeling of unease, such as worry or fear.
- Anxiety can sometimes get out of control and can begin to affect our daily lives, making it difficult for us to do certain things.



Signs you may benefit from support

- Do you often expect that something bad will happen and that you will not be able to cope if it did?
- Do you seek reassurance through asking questions such as "will I be ok?" or notice having lots of "what if...?" thoughts?
- Do you notice uncomfortable physical symptoms before doing something or going somewhere such as; headaches, stomach aches, shaking and heart racing?
- Do you avoid activities or events because of how you feel or what you are thinking?

For further information or to enquire please speak to: Your Head of House