

Anxiety Resources for Teenagers

The following resources are provided for information purposes only. Not every service listed below will suit every individual; we advise you contact each service to discuss the suitability of their service to your child's particular needs. If your child is experiencing severe anxiety symptoms, please discuss a referral to CAMHS (Child and Adolescent Mental Health Service) with your family doctor.



Emotional Regulation Webinars by Enable Ireland:

Part 1: <https://www.youtube.com/watch?v=5genU4nTUDk>

Part 2: <https://www.youtube.com/watch?v=Z8ds7MbNOJE>

Part 3: <https://www.youtube.com/watch?v=9ffsLEntpil>

Part 4: [EmotionalRegulationPart4/4](#)



Middletown Centre for Autism and Anxiety Parent Training:

Specialist educational services and training for parents, carers and educational professionals.

Services:

- learning support and assessment
- training courses
- online learning
- podcasts
- research

Phone: 0044 (0) 28 3751 5750

Email: admin@middletownautism.com

Website: middletownautism.com



Jigsaw Services

Jigsaw offer mental health support including face to face sessions for young people aged between 12-25 years old.

Further information can be found on their website

<https://jigsaw.ie/services-in-your-area/>



Crosscare Counselling

Crosscare offer free counselling to teenagers aged between 12-18 years old

Further information can be found on the crosscare website:

<https://crosscare.ie/services/crosscare-youth/crosscare-counselling-service/teen-counselling/>



Childline ISPCC

Childline is a free, private and confidential service where children up until their 18th birthday can talk about anything.

<https://www.childline.ie/>

Childline also offer access to Silvercloud's free digital intervention. It is based on Cognitive Behaviour Therapy (CBT).

There are three versions of the programme:

- “Space from Anxiety” for young people aged 15-18 years old
- A programme designed for parents/carers of children who are experiencing anxiety aged 5-11
- A programme designed for parents/carers of children who are experiencing anxiety aged 12-18 years old.

You can sign up for the programmes on the ISPCC website:

<https://www.ispcc.ie/guided-digital-programmes/>



Spunout

Spunout is Ireland's youth information and support platform, working towards an Ireland where all young people are supported and empowered to thrive.

<https://spunout.ie/mental-health/self-care/emotional-regulation/>



CYPSC School Refusal Pack-Wicklow

https://www.cypsc.ie/_fileupload/Documents/Resources/Wicklow/Wicklow%20School%20Refusal%20Pack_Final.pdf



Preventing Anxiety-Based School Refusal A guide to early intervention

<https://parentline.ie/school-refusal/>



HSE Parent Booklet on Anxiety

<https://www.hse.ie/eng/services/list/2/primarycare/pcteams/dublin-west-primary-care-team/child-psychology-service/parent-booklet-on-anxiety-management.pdf>

The Little Book on Mindfulness

https://www.camhs-resources.co.uk/files/ugd/e3ca78_9e47c10c3462422cbbf15f57707c380e.pdf

Apps



Clear Fear: The app uses Cognitive Behaviour Therapy (CBT) to help you learn to reduce the physical responses to threat. Strategies include learning to breathe, relax and be mindful, changing thoughts and behaviours, and releasing emotions. You can personalise the app and track your progress.

App Store: <https://apps.apple.com/gb/app/clear-fear/id1437282350>

Google Play <https://play.google.com/store/apps/details?id=uk.org.stem4.clearfear>



Combined Minds: This is an app for family members who want to support their child or young person who has been diagnosed with a mental health condition. It uses a strength-based approach to focus on the positive attributes of the person and builds on resourcefulness and resilience.

App Store: <https://apps.apple.com/gb/app/combined-minds/id1480822365>

Google play:

<https://play.google.com/store/apps/details?id=uk.org.stem4.combinedminds&hl=en>



Mindshift Canada CBT: A free CBT based app that aims to help individuals take control of their anxiety, learn ways to relax and be more mindful.

www.anxietycanada.com is a good source of evidence based information and resources for young people and parents

Mindfulness Skills

Mindfulness can help us feel calmer and reduce our anxiety. Like all skills in life, it takes practice and some time before these skills feel natural to do. Below are some suggestions of skills to try out.



We suggest picking one skill each week. Set a reminder on your phone for a time that it can be practiced each day. Some families find it helpful to practice it together.

5,4,3,2,1 Right Now Skill:

5 Things I can see right now



4 Things I can hear right now



3 Things I can touch right now



2 Things I can smell right now



1 Slow deep breath.



**In through the nose, out through the mouth
Then, simply focus on your breathing.**

5-Finger Breathing:

Place your hand out in front of you and with your pointer finger on your other hand slowly trace up your thumb while you breathe in slowly.

Next trace down your thumb as you breathe out slowly.

Repeat this with all your fingers then work back in the other direction.



Teach 4/7/8 Breathing


Practice this breathing technique called 4/7/8: Breathe in for 4 seconds. Hold your breath for 7 seconds. Exhale for 8 seconds. Do this a few times. Practice this to cause a shift in your nervous system from a sympathetic to a parasympathetic response.

STOP Skill:



Sometimes, when we feel big emotions like being angry, sad or anxious we respond to it instantly without thinking about our action. STOP helps us to react better.



S	Stop and Step back Don't act immediately. Pause.
T	Take a Breath Take one slow, deep breath 
O	Observe How do I feel? 
P	Practice what works Practice breathing skills, do something you enjoy or talk to a trusted person. 