

Local services available

Enfield Counselling Service

- 1:1 counselling in multiple languages available.

IAPT

- 1:1 counselling and group work for young people above age 16.

Every Parent & Child

- Services to children, young people and their families to support with advising on special educational needs, mental health and wellbeing, and confidence building.

Refugee Therapy Centre

- Counselling services for refugees or asylum seekers.

Additional support

AFC Crisis Messenger

- A free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.
- If you need support, you text AFC to 85258.

Anxiety UK

- A charity offering text and telephone support to those affected by anxiety.

Childline

- Counselling services for anyone under age 19 with any issue they're going through.

Anxiety

Information for
children, young people,
and parents



What is Anxiety?

Fear and anxiety are related emotions. You feel fear as a response to an immediate threat, and you feel anxiety in response to a future threat. Everyone feels fear or anxiety from time to time.

If you have an anxiety disorder, the amount of fear and anxiety becomes out of proportion to the situation and can start to be there most of the time. These feelings can then start to get in the way of your everyday life.



What Anxiety may look like

As well as feeling anxious, you might often have other symptoms such as:

- Feeling tired and irritable
- Problems with sleeping
- Finding it hard to concentrate

Anxiety may also show itself as physical symptoms such as:

- Headaches
- Muscle tension
- Abdominal pain
- Behaviour such as crying, having a tantrum, or 'freezing' with fear



What to do if you'd like support

If you are at school, you can speak to the class teacher, school SENCO, or another member staff. They will speak to us and think about if we are the best people to help you.

Please note that we currently only accept referrals via the school.

Visit the Enfield CAMHS website:

 <http://www.behcamhs.nhs.uk>

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Samaritans

- Self-help support to those who are experiencing low mood and/or depression.

Depression

Information for
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and parents



What is Depression?

Everyone will feel sad and experience loneliness or boredom from time to time, especially if something upsetting has happened. These experiences are normal and learning how to cope with them is a necessary part of life.

However, if the feeling of sadness goes on for a long time and it starts to affect your everyday life, then you should talk to an adult you trust about getting some support with your mental health.



What Depression may look like

Depression can affect your feelings, thoughts and behaviour and can have physical effects. Symptoms of depression will be slightly different for everyone but can include:

Feelings

- Feeling sad or unhappy
- Feeling more irritable or more easily upset than usual
- Finding it hard to enjoy things
- Feeling bored a lot of the time
- Feeling anxious or 'on-edge'
- Finding it difficult to relax
- Finding that your mood is very low in the morning and improves as the day goes on



Thoughts

- Feeling that your thinking is slower than usual
- Finding it harder to stay focused on things (which might make school or college work more difficult)
- Losing confidence in yourself
- Feeling worthless, that you aren't good enough or that you can't do anything right

Physical effects

- Changes in your appetite
- Finding it harder to go to sleep and stay asleep or finding yourself sleeping more than usual
- Feeling that you have no energy or feeling tired a lot of the time

Behaviours

- Feeling more irritable or that you are having more arguments with family or friends
- Feeling less interested in things and less motivated to do things

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ADHD Foundation

- Support for those living with ADHD, Autism, Dyslexia, DCD, Dyscalculia, OCD, and Tourette's Syndrome

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- If you need support, you text AFC to 85258.

National Autistic Society

- Organisation supporting autistic people across the UK

Autism

Information for
children, young people,
and parents



What is Autism Spectrum Condition (ASC)?

Autism is a spectrum, which means that it describes a range of ways that some people develop differently to others and that each person will experience autism in a different way.

Being autistic means your brain works in a different way to other people's. It's something you're born with and often appears when you're very young.

What ASC may look like

If you're autistic, you might experience things like:

- Finding it hard to communicate and interact with others
- Finding it hard to understand how others think or feel
- Being over-sensitive or under-sensitive to specific sights, sounds, smells, tastes or textures
- Getting anxious or upset about new situations or changes to your routine
- Developing intense interests in things and needing to follow specific routines.

Autism is not a mental health condition, but autistic children and young people are at higher risk of developing other mental health conditions, which include:

- Oppositional defiant disorder (ODD)
- Attention deficit hyperactivity disorder (ADHD)
- Anxiety
- Depression
- Sleep problems
- Feeding/ eating issues including anorexia nervosa, binge-eating disorder, and bulimia nervosa

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Family Lives

- Provides parenting advice and support, as well as free parents' helpline.

YoungMinds

- A charity offering resources to help children, young people, and their families with anger.

Behaviour Issues

Information for children, young people, and parents



What are Behaviour Issues?

Many children and young people behave in a difficult or aggressive way from time to time. However, for some young people these behaviours can lead to problems at home, school or in the wider community.

Some children often have difficulties with following rules and behave in a way that upsets other people. They might behave in a way that is challenging or argumentative and might have difficulties with anger and irritability.

Responding to Problem Behaviour

Remain calm

- Harsh or emotional responses tend to escalate a child's aggression. By staying calm, you are modelling for your child the type of behaviour you want to see in them.

Be positive about the good things

- When a child's behaviour is difficult, the things they do well can be overlooked. Tell your child when you're pleased about something they've done.

Do not give in

- Resist the temptation to end your child's tantrum by giving them what they want when they explode. Giving in teaches them that tantrums work.

Talk to your child

- Wait to talk until the meltdown is over, do not try to reason with a child who is upset. Once your child is ready to talk, encourage them to explain why they're angry or upset. This will help them feel less frustrated.

Use consistent consequences

- Your child needs to know what the consequences are for negative behaviours, such as time outs, as well as rewards for positive behaviours.