

**Free toolkit
to help
support
young
people
with
anxiety**

Anxiety is a condition that can affect anyone and many anxiety disorders begin in childhood and adolescence. With nearly 1 in 5 young people experiencing high levels of anxiety, early intervention can benefit.

A toolkit has been developed to help people understand these emotions, how to manage them and when to ask for help. There is information tailored for:

- parents and carers
- teachers including classroom resources
- young people.

Visit: www.southglos.gov.uk/anxiety
to download the toolkit.