



Anxiety Support

Information for schools

As part of our Wellbeing for Education Return Project, we have put together a list of just some of the support available locally around anxiety for both primary and secondary schools. This support can be used for early intervention and preventative work. For further support see our joint local mental health and emotional wellbeing pathway.

Training

Anxiety training for parents/carers

Our Inclusion and Intervention Team offers training that aims to increase parents' understanding of anxiety in children, awareness of behaviours surrounding anxiety and strategies to manage anxiety.

The next dates for this training are **27th January 10m-11:15am; 19th May 5:45pm-7:00pm.**

For more information or to book a place on the training, email inclusionandinterventionteam@milton-keynes.gov.uk

Anxiety and Autism

Our Inclusion and Intervention Team also offer training on Autism. As part of this, they offer an 'understanding anxiety and supporting strategies' session. This session will be run on Thursday 11th February 1.30pm-2.30 pm; Thursday 6th May 1.30pm-2.30pm. These sessions will also be recorded so that those who can not attend can access the training. For more information email Inclusionandinterventiontraining@milton-keynes.gov.uk

Anxiety training for schools

Service Six offer awareness sessions, a 15 minute talk covering what anxiety is, signs and symptoms, causes and signposting. Email: katie.byrne@servicesix.co.uk

Social Emotional Mental Health Team

Our SEMH team offer centralised training titled "supporting a child to manage their anxiety" which parents, teachers and other professionals such as school nurses can access. The next training is on **3rd March 2021**. For more information: SENSupport@milton-keynes.gov.uk or 01908 657825

Interventions

Anxiety intervention

Our Psychology Assistant has created an 8 session anxiety programme using work from experts Dr Karen Triesman and Paul Stallard. The programme is made up of a practical step-by-step guide and appendix and has been designed so that school staff can easily follow and implement. For more information contact our Educational Psychology team: education.psychology@milton-keynes.gov.uk

Self-Esteem building course

Tina Rae has two books, one for primary aged children and one for secondary aged children, both include a 12-session course aiming to teach an extensive range of personal and social skills. See "Positive People: A Self-Esteem Building Course for Young Children (Key Stages 1 & 2)" and "Confidence, Assertiveness, Self-Esteem: A Series of 12 Sessions for Secondary School Students".

Emotion regulation

Zones of Regulation or The Incredible 5-Point Scale are great interventions to use to help children identify, label and understand their emotions. Both interventions can be bought as books with resources included.

Anxiety programme

Service Six offer 6 week programmes (1 hour a week) looking at what anxiety is, signs and symptoms, understanding how we can identify when we are anxious and strategies to reduce/cope with anxiety.

For more information email katie.byrne@servicesix.co.uk

Social Emotional Mental Health Team

Our SEMH team has created a 7 week intervention around the Panicosaurus by Key Al-Ghani that can be delivered 1:1. The aim is to support children to identify how their body feels and what their feelings are, then work on strategies. For more information: SENSupport@milton-keynes.gov.uk or 01908 657825

Resources

Anna Freud Centre

Provide trusted resources, training and support around children and young people's mental health. Find out more on their website: <https://www.annafreud.org>

Beacon House

Provide free resources to support understanding of children and young people's mental health as well as strategies such as brain calmers. Find out more on the resource section of their website: <https://beaconhouse.org.uk/resources/>

Books to support emotions

You can find a list of books that can be used to support recognising, labelling and understanding emotions as well as how to deal with emotions on our Educational Psychology Team's website: <https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer/education/send-services/new-educational-psychologists-service>

Margot Sunderland

An award winning author and child mental health expert, Margot Sunderland provides resources and events focusing on children and young people's emotional wellbeing. She also has a series of children's books supported by guidebooks covering a range of emotions. See 'Wibbly and the Wobbly house' for anxiety: <https://www.margotsunderland.org/shop/willy-and-the-wobbly-house>

Covid, Anxiety and Stress

Dr Karen Treisman, MBE, is a Highly Specialist Clinical Psychologist who works across the National Health System and children's services. Her website features a wide-range of resources and the section on covid, anxiety and stress is particularly valuable and can be found here: <http://www.safehandstinkingminds.co.uk/covid-anxiety-stress-resources-links/>

End of term toolkit

Mentally Healthy Schools have put together a looking back and planning ahead toolkit to help schools reflect on 2020 and manage any end-of-term anxieties.

https://mentallyhealthyschools.org.uk/resources/looking-back-and-planning-ahead-toolkit/?utm_source=sim&utm_medium=newsletter&utm_campaign=endof2020

Phone apps

For more information on phone apps that can support children and young people's emotional wellbeing, take a look at our Educational Psychology Team's website: <https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer/education/send-services/new-educational-psychologists-service>



Signposting

Milton Keynes have a joint local mental health and emotional wellbeing pathway that signposts to the advice and support available for different levels of need.

See the pathway here:

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/send-local-offer/send-local-offer-children-and-young-people/your-health/your-emotional-wellbeing>



milton keynes council