

# Schools and Colleges Early Support Service

## Parent and carer bitesize videos

### Anxiety in adolescence



It is common to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things; for example, talking to new people, going out with friends, or doing their best in exams. This short 15-minute video focuses on practical tips and strategies offering parents and carers ideas, so that they can support their child to feel more confident and believe in their ability to cope. This can help anxiety feel more manageable over time.

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### How to support your young person with low mood

Low mood: Low mood does not just affect adults. Young people can experience low mood too. Common signs of low mood often include sadness that does not go away, feeling irritable all of the time, not being interested in things that used to be enjoyed and feeling tired or exhausted a lot of the time.

This short 15-minute video will offer support to help a parent or carer understand the cycle of low mood and offer strategies that you can encourage your child to use, to overcome their difficult emotions.

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