

## Identifying Child Anxiety in School

### **What is child anxiety?**

**Anxiety is a normal emotion, and in the right amount it can be useful. Anxiety has three characteristics; physical sensations in the body, anxious thoughts and anxious behaviour**

#### Common influencing factors

- Parental anxiety and mental health
- Family stressors (marital, divorce, financial, health)
- Traumatic life events i.e. bereavement
- Protective parenting

#### How might anxiety present?

- Withdrawing socially in class and at playtime
- Avoidance of academic tasks
- Clingy
- Reluctant to change
- Frequent bathroom visits
- Quiet
- Poor attendance

#### When should I consider referring for further support

- Worries that appear to be getting more frequent worse over time
- Worry becoming difficult to manage
- Worry causing a child distress
- When a worry stops a child doing what they want to do or should be doing
- When their fears and worries start affecting their mood

#### What to do if you have concerns

- Speak to the parents/carers
- If the family is not already receiving support from CAMHS and/or children's services, and the anxiety is considered mild-moderate, consider referral to Educational Wellbeing Practitioner (EWP) based within your school. Contact Dr Rachel Couper (Clinical Psychologist and Team Lead for EWP Team – [rachel.couper@swlstg.nhs.uk](mailto:rachel.couper@swlstg.nhs.uk))
- Discuss with Mental Health Lead within school.