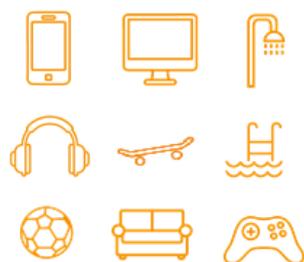


# How we can help and support you. Guide for Feeling Anxious

## Children and Young People's Clinical Academic Group (ChYPSCAG)

Based on shared decision making our goal is to work together to understand what you're experiencing. We'll offer specialist help and aim to support you as detailed below.



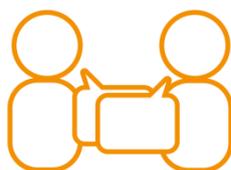
### Daily Life

We aim to offer information and support around helping you to get the best out of the things that are most important to you: e.g. friendships, things you enjoy and education. This may include working with your family or carers, and education, to help you to make manageable changes to your daily routine and environment, with the aim of limiting the impact of anxiety on your life.



### Friends and Family

We'll aim to involve family, carers and others with your consent. When you first attend our service, you will be offered a chance to meet with us, where you and your parents /carers will be asked about your anxiety as well as any other physical or mental health concerns.



### Psychological Therapies

Talking therapies can help to support the process of change through conversation, activities and games. They are often provided in groups. Although some people are understandably nervous about coming to groups, research tells us that this can be helpful in learning how to manage anxiety. If this approach is not working as we hope, we will discuss alternative therapy options.

To support you in doing the things that are important to you, we will use a range of questionnaires to see how much our support is helping.



## Medication Treatment

If your anxiety is disrupting your daily life, or does not improve following other interventions you could be offered the opportunity to discuss medication with a psychiatrist.



## Checking on Physical Health

Throughout your involvement your physical health will be monitored as part of the trust commitment to your overall wellbeing. This may include conversations with you about diet, exercise and use of alcohol and drugs.

## More information

For more information, please go to: [www.sussexpartnership.nhs.uk/CAGS](http://www.sussexpartnership.nhs.uk/CAGS)

Sussex Partnership NHS Foundation Trust is committed to working with the children, young people, parents and carers who access it. If you would like to hear more about the opportunities on offer, including access to training, then please get in touch with us at [Participation@sussexpartnership.nhs.uk](mailto:Participation@sussexpartnership.nhs.uk) or look at the Get Involved pages for more information:

Sussex CAMHS Get Involved page <https://sussexcamhs.nhs.uk/get-involved/>

Sussex Partnership Patient Experience page <https://www.sussexpartnership.nhs.uk/patient-experience>