

Anxiety

Fight, flight or freeze.

Anxiety is natural and can be useful and everyone experiences it at some time. It's unpleasant so that we take notice and keep ourselves safe.

Anxiety is one of the most common causes of distress amongst children and young people. Anxiety is one of the most common mental health issues but also one of the most under reported, under diagnosed and undertreated.

1 in 6 young people will experience anxiety.

Anxiety Disorder is more severe and lasts longer. It interferes with schooling, work and life. Types of anxiety disorders are generalised anxiety, panic disorder, phobic disorder, separation anxiety disorder, Acute stress disorder (ASD), Post-Traumatic Stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD).

A high level of anxiety over a long period may often lead to someone developing depression.

Symptoms are wide ranging and include physical symptoms such as palpitations, flushing, hyperventilating, nausea, dizziness, aches and pains. Psychological symptoms such as unrealistic fear, difficulty making decisions, confusion, sleep disturbance and behaviour symptoms such as avoidance, distress in social situations or repetitive or compulsive behaviour.

If you are concerned about a cadet then you should follow the Safeguarding Referral Process and speak with the unit or force safeguarding lead. For more information please contact the [National Safeguarding Manger](#) who is also a trainer in youth mental health first aid and will be able to provide more guidance and information.

Useful Resources

Anxiety UK: <https://www.anxietyuk.org.uk/>

No Panic: <https://nopanic.org.uk/>

OCD Action: www.ocdaction.org.uk

Useful Apps

BASE: Helps children and young people struggling with anxiety and depression to track their emotions and pinpoint times when they feel most stressed or anxious.

Get Self Help: Free cognitive behavioural based self-help and therapy resources

MindShift: Designed to help teens and young people cope with anxiety by teaching them how to relax, develop more helpful ways of thinking and identify active steps to help take charge of anxiety

MoodKit: Approved by NHS, uses CBT principles to help people with depression and anxiety manage and track their moods.