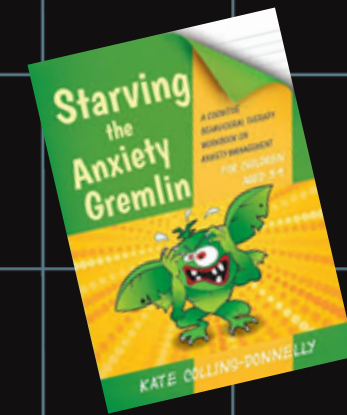




ANXIETY

Anxiety in children refers to an emotional state where a child experiences excessive worry, fear, or nervousness that is often disproportionate to the situation at hand



These websites offer valuable advice and practical tips to help children who are experiencing difficulties with friendships, making it easier for them to develop and maintain healthy relationships. There are also some books you might like to try



Anna Freud Centre

YoungMinds



Place2Be

Resources to help children with anxiety - Anxiety UK



NHS - Children's Anxiety

MindEd

