








This tool is intended to help young people aged 11-18, their parent or carer and practitioners decide about getting help or support for generally feeling anxious. There are other forms of anxiety that may have additional treatment or support options, such as obsessive-compulsive disorder (OCD) or post-traumatic stress disorder (PTSD). Both grids for this presenting difficulty should be used together.

Note: You may want to try other types of help or support alongside the ones that are listed here. There is strong evidence that combining CBT with medication is more likely to help than either talking therapy or medication alone for generalised anxiety. Changes to your diet, exercise and lifestyle could also help to improve your symptoms, although there is not enough evidence about this to be sure.



Common questions

<p>What will this involve?</p>	<p>This can involve learning practical strategies that may help you feel better, for example, through guided self-help.</p> <p>You will usually meet with a professional who can help you understand your difficulties, set goals, create an action plan. They may give you activities to complete in manageable steps. They may also direct you to information that may help you to understand anxiety more. This support could take place individually or in a group.</p>	<p>This can involve focusing on your thoughts, feelings, behaviours and physical symptoms.</p> <p>You will usually meet weekly with a therapist who can offer you a space to talk about your feelings and the difficulties in your life.</p> <p>Each session is usually about an hour long and may involve other family members.</p> <p>The session can be individual or in a group.</p> 	<p>This can involve taking medication to treat your symptoms.</p> <p>The most common medication for generalised anxiety in young people is called an SSRI. There is evidence that the SSRI fluoxetine can help young people who are feeling anxious generally. SSRIs are usually taken once daily as a capsule, liquid or tablet.</p> 
<p>How will this help me feel better?</p>	<p>This support may help you learn more about what contributes to generally feeling anxious, which may help you feel better. Having practical strategies to manage your worries may also help you feel less generally anxious.</p> 	<p>Talking therapies can help you think differently about situations in your life and improve how you feel and act. There is strong evidence that cognitive behavioural therapy (CBT), either in-person or on a computer, can help you to feel less anxious generally.</p> <p>Other talking therapies, like family therapy or psychodynamic psychotherapy, may also help you feel less generally anxious by helping you to think about the impact of other things in your life, like your relationships with other people, or your past experiences.</p>	<p>This medication works by increasing a chemical called serotonin in your brain. When your serotonin is low, this can lead to feeling generally anxious.</p> <p>SSRIs are often prescribed after a course of therapy or alongside a course of therapy.</p> 
<p>Will I see the same people for the duration of this help or support?</p>	<p>You will usually see one person for this support. This may be your GP, a counsellor or another professional.</p> <p>This may not be the same person you see for an assessment.</p>	<p>You will usually see one person for this support.</p> <p>This may not be the same person you see for your assessment</p> 	<p>Before your treatment starts, you will usually have a height, weight, blood pressure, pulse and mental health assessment. Then, a member of the team will regularly check up with you to make sure the treatment is working and to check for side effects.</p> 
<p>Are there risks or side effects from this type of help or support?</p>	<p>Talking about your difficulties can sometimes cause discomfort, worry or stress.</p> <p>If you are experiencing any of these, it can be helpful to let the person you are talking to know.</p>	<p>Talking about your difficulties can sometimes cause discomfort, worry or stress.</p> <p>If you are experiencing any of these, it can be helpful to let the person you are talking to know.</p> 	<p>Very common side effects of Fluoxetine: Insomnia, headache, diarrhoea, nausea and fatigue. Uncommon: Suicidal thoughts and behaviour. Rare: Hostility.</p> <p>If you have suicidal thoughts, suicidal behaviour or hostility, you or your parent or carer should immediately contact your doctor.</p>

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*See back of page for information about likelihood of side effects

References

1. Title

a. Current View tool

2. Note at top

a. What Works for Whom Second Edition (pp. 72)

3. Treatment options

a. Practical support: <https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety>, What Works for Whom

b. Talking therapies: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>

c. Anti-depressants: <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>, <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>

4. What will this involve?

a. Practical support: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>, Expert Consensus and i-THRIVE ERGs

b. Talking therapies: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>, Expert Consensus and i-THRIVE ERGs

c. Anti-depressants: electronic Medicines Compendium (eMC) <https://www.medicines.org.uk/emc>

5. How will this help me feel better?

a. Practical support: Expert Consensus and ERGs

b. Talking therapies: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>, What Works for Whom

c. Anti-depressants: <https://www.youngminds.org.uk/young-person/medications/fluoxetine/>

6. Will I see the same people for the duration of this help or support?

a. Practical support: <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>, Expert Consensus and i-THRIVE ERGs

b. Talking therapies: Expert Consensus

c. Anti-depressants: What Works for Whom

7. Are there risks or side effects from this type of help or support?

a. Practical support: Expert Consensus and i-THRIVE ERGs

b. Talking therapies: Expert Consensus and i-THRIVE ERGs

c. Anti-depressants: What Works for Whom, electronic Medicines Compendium (eMC)

Likelihood of side effects from medication:

(Tell your doctor if you are experiencing any side effects)

Very Common	Common	Uncommon	Rare	Very Rare
One in 10 young people or more experience this side effect (10% or more of young people)	Between one in 100 and one in 10 young people experience this side effect (Between 1% and 10% of young people)	Between 1 in 1,000 and 1 in 100 young people experience this side effect (Between 0.1% and 1% of young people)	Between 1 in 10,000 and 1 in 1,000 young people experience this side effect (Between 0.01% and 0.1% of young people)	Fewer than 1 in 10,000 young people experience this side effect (Less than 0.01%)