



# Childhood anxiety

**A guide for parents  
and carers**



scan the QR code or go to  
[bit.ly/anxietychildhood](https://bit.ly/anxietychildhood)

**Clinical guidance  
and resources**



scan the QR code or go to  
[bit.ly/anxietyCMHS](https://bit.ly/anxietyCMHS)



**Feeling anxious is a normal experience for children. It's common to sometimes worry about new experiences or making friends.**

But when anxious feelings stick around, are too intense, or lead to avoiding places or people, it might be called an anxiety disorder.

**Scan or share the QR codes or go to [bit.ly/anxietyCMHS](https://bit.ly/anxietyCMHS) for resources to help clinicians, parents, carers, and supporters work together to help children and young people manage and navigate their anxiety.**

