

AnxietyUK

Here for you since 1970



ANXIETY UK TRAINING SERVICES



Who are we?

Anxiety UK is the UK's leading user-led anxiety disorders charity founded in 1970, which provides support, information & advice on anxiety, stress and anxiety based depression.

TRAINING AND CONSULTANCY SERVICES

Anxiety UK has a wealth of experience delivering training and consultancy services to a wide range of organisations including major blue chip companies, SMEs, health bodies, schools and colleges and other voluntary sector organisations.



1 in 10 young people will
experience a mental health
disorder

**Do your staff and
students know how
to get help and
support one
another?**



TRAINING PACKAGES AVAILABLE

Including but not limited to:

- Stress and anxiety awareness at school or college
- Supporting stress and anxiety in young people
- Understanding panic attacks
- Nutrition and anxiety
- Building resilience



WHAT WILL WE COVER?

STRESS AND ANXIETY AWARENESS

- What is anxiety and who does it affect?
- How does your mind and body react when anxious?
- What causes anxiety?
- How can you manage your own anxiety?
- What help is available?





UNDERSTANDING PANIC ATTACKS

- What is a panic attack?
- How does your mind and body react to a panic attack?
- What causes panic attacks?
- How can you manage panic attacks?
- What help is available?



SALMON

Regularly eating salmon can help lower anxiety, research shows. Experts say it's because of their omega-3 fatty acid; a key mood-boosting nutrient and one our bodies don't produce.

Salmon also contains vitamin B12, which helps produce brain chemicals that affect mood. Low levels of B12 are linked to depression.



NUTRITION AND ANXIETY

- Health food, health mood - the scientific bit!
- Nutrients you need
- Other foods to consider
- Foods best avoiding
- What to have instead



TRAINING IN SCHOOLS & COLLEGES

Many young people today also experience anxiety, stress or anxiety based depression, and ensuring that they have the support and skills to manage these conditions is incredibly important. 81% of teachers report their poor mental health has a negative impact on the quality of their relationships with pupils and on average 3 children in every class have a mental health problem.

TOPICS COVERED:

- What is anxiety?
- How does your mind and body react when anxious?
- What causes anxiety?
- How can you manage your own anxiety?
- How can you help a student or colleague with anxiety?
- Tips for talking and managing exam

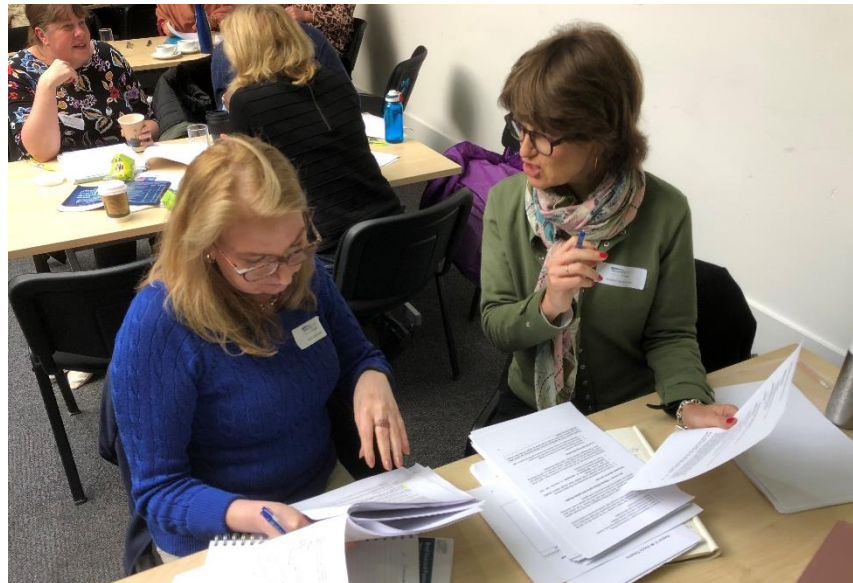


“THE TRAINER HAS A GREAT PRESENTING STYLE, WITH LOTS OF EXAMPLES FROM HER OWN PRACTICE WHICH IS REALLY USEFUL. I CAME AWAY WITH LOTS OF PRACTICAL TECHNIQUES FOR DEALING WITH HEALTH ANXIETY.”





“I DIDN’T KNOW MUCH BEFORE THIS EVENT BUT IT HAS REALLY OPENED MY EYES ABOUT ANXIETY. AN EXCELLENT SESSION, I LEARNT A LOT AND FEEL MORE CONFIDENT IN UNDERSTANDING THE SUBJECT.”



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For more details or to discuss your needs
contact ops@anxietyuk.org.uk or
call 0161 226 7727

