



# **A Short Introduction to Helping Young People Manage Anxiety (JKP Short Introductions)**

*Carol Fitzpatrick*



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Anxiety is an increasingly common problem in young people, but there are many different causes and types, and it can be difficult to know where to start in order to understand it and know how best to help.

This easy-to-read guide provides information about the different types of anxiety and why some young people experience anxiety, and is full of advice and tips on how to help and support young people. As well as common types of anxiety such as generalised anxiety disorder and social anxiety disorder, it also covers issues or disorders that can occur alongside anxiety such as depression, self-harm and obsessive compulsive disorder. Case studies feature throughout the book to illustrate real-life situations, and the book includes self-help tips for young people to help them manage their anxiety.

This is an ideal short introduction to anxiety in young people, and how to help and support young people to manage and cope with anxiety.



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