

Anxiety and Me

Are you a young person who wants to learn how to cope better with anxiety?

Are you ready to get active and change what you do to build a life worth living?

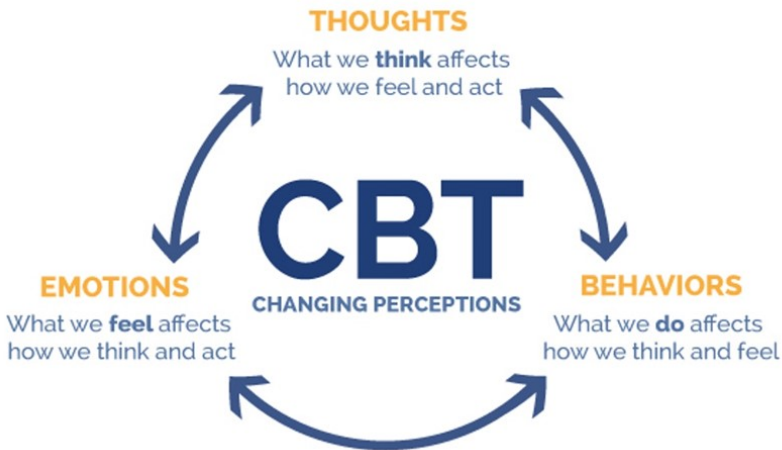
Join our CBT and Me Group or our Anxiety and Me Group!

What is Anxiety and Me?

Anxiety and Me is an eight-week cognitive-behavioural therapy (CBT) group run by the Central Oxon Getting More Help team, part of Oxfordshire Child and Adolescent Mental Health Service (CAMHS).

CBT focuses on:

- Challenging and changing unhelpful thoughts and behaviours
- Improving emotional regulation
- The development of personal coping strategies that target current problems



The group is designed for young people who want to be able to recognise when they are anxious, learn what to do when they are anxious and put this all into practice.

Who is the group for?

The group is offered to young people aged 12 to 15 who live in or around Oxford and Witney and are looking for help with their social anxiety, separation anxiety or generalised anxiety disorder.

At Anxiety and Me we do not expect you to share a lot of detail about your personal life or experiences.

You will need to attend all eight weeks of the group and will be asked to complete tasks between the group sessions.

If you are referred to Anxiety and Me, we will meet with you beforehand to explain what the group involves and discuss whether it's right for you. You will then receive details of when and where the group will take place.

"Peace is the result of retraining your mind to process life as it is, rather than as you think it should be."

- Wayne Dyer

Any questions?

Contact the Central Oxon CAMHS Getting More Help team:
Telephone: 01865 902 720

www.oxfordhealth.nhs.uk/children-and-young-people/

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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