

# 8 Worry Busting Tips To Support Childhood Anxiety



Positive Young Minds

*If your child's anxiety is severe, persists and interferes with their everyday life, it's a good idea to get some help. A visit to your GP or discussion with school is a good place to start.*



For a more comprehensive write up of the information on this infographic, Please view the accompanying blog post at:

[www.positiveyoungmind.com](http://www.positiveyoungmind.com)