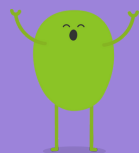


“ I waited four months to be seen by CAMHS and was then told I would face a 12-month wait. The only people who understand me are online. ”

“ I felt isolated and alone during lockdown, and returning to school did not improve things. The only place I feel safe is in my room. ”

“ I was told I wasn't 'ill enough' for help despite severe anxiety and bullying. After missing eight months of school, my parents sent me to a private school for the support I need. ”



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USEFUL CONTACTS

Anxiety UK

Support and help for those diagnosed with, or who suspect they may have, an anxiety condition.

Helpline: 03444 775 774

Website: www.anxietyuk.org.uk

No Panic

Support for panic, anxiety, phobias, and OCD.

Helpline: 0300 772 9844

Email: info@nopanic.org.uk

Website: www.nopanic.org.uk

Childline

Free, confidential support for under 19s.

Helpline: 0800 1111

Website: www.childline.org.uk

NHS Child and Adolescent Mental Health Services (CAMHS)

For specialist mental health support for young people. Contact via your GP or local NHS services.

stem4

Connect House, 133-137 Alexandra Road, Wimbledon, SW19 7JY

e: info@stem4.org.uk

[@stem4org](https://twitter.com/stem4org)

stem4.org.uk

stem4i

supporting teenage mental health

Registered Charity No 1144506

EMOTIONALLY BASED SCHOOL NON-ATTENDANCE



stem4i

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EMOTIONALLY BASED SCHOOL NON-ATTENDANCE

Key facts:

Children and young people can feel anxious about going to school or college for many reasons. Sometimes the anxiety is so high that it prevents them from attending altogether. This is called Emotionally Based School Non-Attendance (EBSNA). Like many anxiety conditions, EBSNA can be successfully treated with psychological therapies such as Cognitive Behavioural Therapy (CBT).

How do I know if I have EBSNA?

- Do you feel very worried or upset about going to school or college?
- Do you experience physical symptoms (like stomach aches, headaches, or feeling sick) when you think about or try to go to school?
- Do you avoid school because it makes you feel anxious, scared, or overwhelmed?
- Does the thought of school cause you to feel tearful, irritable, or withdrawn?
- Do you feel more comfortable at home and less safe or happy at school?

People who struggling with EBSNA are more likely to answer 'yes' to most of the above questions.



Why deal with EBSNA?

- Avoiding school can impact your education and social life.
- Prolonged absence can increase feelings of isolation and make anxiety worse.
- Getting support early can help you feel more confident about going to school.
- EBSNA is not your fault- it's a common response to overwhelming feelings that can improve with the right help.
- Tackling EBSNA early reduces the chance of anxiety turning into other mental health issues.

What can I try to do?

- **Face it bit by bit:** Start with small steps towards going to school- even just getting dressed or walking near the school can help.
- **Talk about it:** Share your feelings with someone you trust- a parent, teacher, or counsellor.
- **Plan together:** Work with adults at school and home to create a supportive plan.
- **Relax:** Practice calming techniques such as controlled breathing, mindfulness, or gentle exercise.
- **Accept your feelings:** Remember that feeling anxious is a normal response and it doesn't mean you are weak.

- **Accept your feelings:** Remember that feeling anxious is a normal response and it doesn't mean you are weak.
- **Seek professional help:** A therapist can help you work through your feelings using Cognitive Behavioural Therapy (CBT).

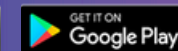
Clear Fear

Why not try the stem4 Clear Fear app? Clear Fear is an app to help young people manage the symptoms of anxiety, developed by a clinician in collaboration with young people.

The Clear Fear app uses evidence-based Cognitive Behavioural Therapy (CBT).

It is free* to download from the Apple Store and Google Play.

*stem4's apps remain free in the UK, but may be charged for elsewhere.



Clear Fear for Schools

Empower your whole school community with an effective tool for managing anxiety and boosting resilience.



Worried About Going to School

stem4 has a workbook for primary and secondary school aged children available on Amazon.

<https://www.amazon.co.uk/dp/B0CK4BT6Q>

