

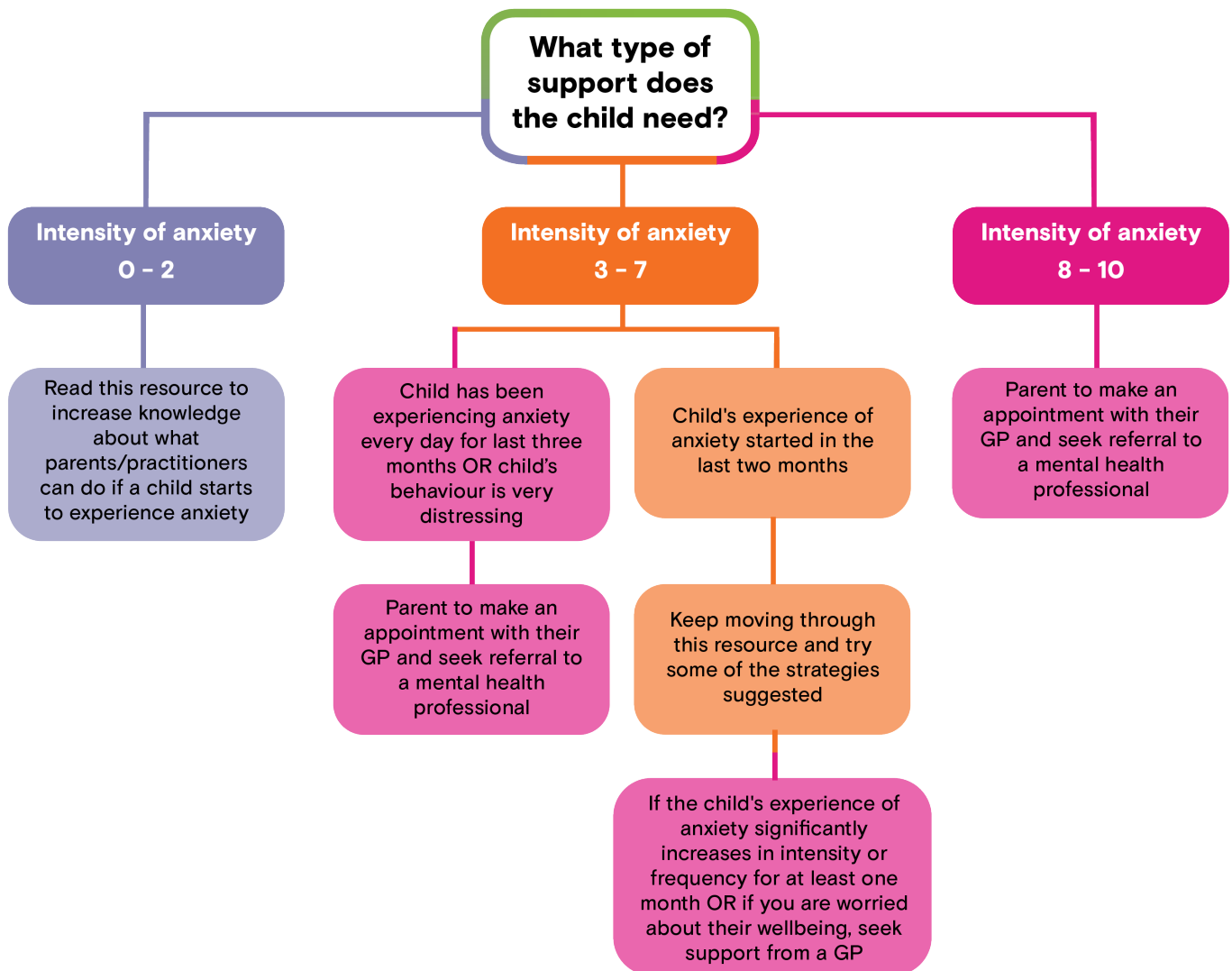
## Anxiety guide decision tree

Once you and the parent have an understanding of the child's experience of anxiety, use the decision tree as a guide for what to do next.

This decision tree covers:

- when this resource is helpful for practitioners to gain an understanding of what is happening for the child, but no further action is required at that moment
- when this resource is helpful for practitioners in supporting a child with mild-moderate anxiety
- when parents should seek a GP referral to a mental health professional.

It should be worked through in collaboration with the parent.



This resource was co-produced with:



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