



The Haven Anxiety Support Group



FAQ's

- **How do we persuade anxious young people to come to a place they don't know, to take part in a session with activities they don't know about in advance, run by people they haven't necessarily met before?**

It is hoped that in some cases their Youth Worker can accompany the young person and we welcome friends that come in a support role.

- **Can parents attend the group with their child?**

Parents are welcome to wait for their children (in St Paul's we use a foyer space to provide refreshments for parents, in Harpenden we have many cafes nearby) but parents can't stay in the group during the session. However, we hope to start running termly parent support sessions in 2018.

- **Is there much Christian content?**

The team who run The Haven are all Christians and it is their faith that motivates them to give up their time and resources to support young people affected by anxiety. The content of the sessions is not specifically Christian and the group is open to all. We do finish each session with The Haven prayer, which includes The Serenity Prayer, but participants can use this time for silent reflection instead, if they choose.

- **Is this group for those already receiving help through CAMHS?**

We hope that this group can help reduce anxiety levels so that the participant's exhibiting symptoms don't reach the stage of needing medical help. However, we recognise that there are often complex situations behind the issue of anxiety and The Haven may provide the regular 'top up' of support that someone needs after having received treatment and support through CAMHS.

- **What happens if you feel the young person's situation is too serious for The Haven to be able to help?**

As part of the Stronger Together local partnership of organisations working with Youth & Mental Health, The Haven has access to a directory of local support providers, enabling us to sign-post other more appropriate services.

- **What about those young people who don't respond well to the group format?**

For those participants who would respond better to a one-to-one dynamic, we plan to be able to provide Mentors from 2018. These will be adults who are vetted and trained by our partner STEP, and we hope schools will support some mentor sessions to take place during school hours.