



## Certificate of Achievement

# Nigel Perry

has completed the following course:

**YOUTH MENTAL HEALTH: HELPING YOUNG PEOPLE WITH ANXIETY**  
UEA (UNIVERSITY OF EAST ANGLIA)

This online course was designed to help identify and explore anxiety disorders experienced by young people, understand 'stigma' related to mental health and develop the ability to help a young person experiencing debilitating anxiety.

3 weeks, 3 hours per week

*Charles Miller-Fik*

Charles Miller-Fik  
Lecturer in Nursing Sciences (Mental Health), School of Health Sciences  
UEA (University of East Anglia)



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](https://futurelearn.com/proof-of-learning/certificate-of-achievement).

This certificate represents proof of learning. It is not a formal qualification, degree, or part of a degree.



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has completed the following course:

### **YOUTH MENTAL HEALTH: HELPING YOUNG PEOPLE WITH ANXIETY UEA (UNIVERSITY OF EAST ANGLIA)**

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This online course was designed for non-mental health specialists, including teachers to help them: identify and explore anxiety disorders and related mental health conditions experienced by young people; understand the importance of overcoming 'stigma' related to mental illness; and to develop the ability to help a young person experiencing anxiety in terms of getting appropriate support, highlighting the importance of early intervention.

#### **STUDY REQUIREMENT**

3 weeks, 3 hours per week

#### **LEARNING OUTCOMES**

- Identify anxiety disorders commonly experienced by adolescents
- Describe the aetiology (causes) of anxiety in young people
- Explain what 'stigma' is in relation to mental illness generally
- Identify between normal and abnormal anxiety states
- Explain how to assist a young person experiencing abnormal anxiety states

#### **SYLLABUS**

- The characteristics of anxiety
- Adolescent development
- Anxiety as a biological response / toxic stress
- Other linked mental health conditions
- Stigma and mental illness
- Engaging with young people / safeguarding
- Ways of helping the young person with anxiety
- Mindfulness