

Information for school

A short summary a parent can hand to a school

Fill this in and give it to whoever knows your child best at school. It is kept to one page for someone with a full timetable.

About the young person

Name and year group

What we are working on

What it tends to look like in school

What helps

Things that make the day manageable

What to say if they are distressed

Who they can go to

What we are trying to reduce

Anxiety is kept going by avoidance, so arrangements that remove the difficult part entirely tend to help for a day and cost more later. Where possible, we are looking for support that helps a young person stay in the situation rather than leave it, reduced in small steps over a few weeks rather than removed.

Arrangements currently in place that we plan to taper

The order we would like to taper them in

Contact

Parent or carer

A worksheet, not treatment, advice about your situation or a diagnosis. It is best used alongside a qualified clinician. If using it makes things worse, stop and speak to your GP or clinician, and in an emergency call 999. Written by Anxiety CBT Ltd and free to print for personal or clinical use, unchanged and with this footer left on. Not for sale. © 2026 Anxiety CBT Ltd · Dr Daniel O'Rourke · anxietycbt.co.uk/resources/school-information-sheet