

SilverCloud Online Programme: Supporting An Anxious Teen

For parents, teachers and carers of children aged 12-18

What You Will Learn

Parenting An Anxious Child

Empower you to recognise and focus on the helpful sides of anxiety.

Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

Problem Solving

Learn when to address your child's worries with effective problem solving.

Changing Thoughts

Promote the use of cognitive restructuring strategies to challenge worries and create more balanced thinking..

Facing Fears

Facilitate recognition of the importance of children facing their fears, rather than avoiding them.

Creating A Plan

Supporting you in ongoing anxiety management planning.

Going Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.



Scan the QR Code to sign up for SilverCloud!

Alternatively you can sign up via <https://chmchst.silvercloudhealth.com/signup/>

If you would like to know more information, talk to your school's allocated MHST (Mental Health Support Team) practitioner.

