**SilverCloud CYP Toolkit Project:**

**Website Landing Page copy – CYP programmes**

If you’re feeling anxious or low, each day can be hard. Perhaps you feel like you’re panicking or worried all the time, or maybe you just don’t feel like doing much at all.

The good news is, there are things you can do that will help you to cope better with challenging feelings and help you learn more helpful ways to think.

SilverCloud® by Amwell® is a mental health platform that you can use on your phone or a computer. It uses digital Cognitive Behaviour Therapy, or iCBT for short. CBT helps you understand your feelings, and shows you how to change them, so you feel more positive and in control. It’s really good at helping people who feel anxious or low.

There are videos to watch and tools you can use, plus stories from other young people who have felt just like you do. *[Optional copy where relevant / Remove if not]* You’ll also get messages from a supporter, who can see how you’re getting on, and will help you if you need it.

If you would like to try using the SilverCloud® platform, all you need to do is *[info on how to join here].*

**Website Landing Page copy – caregiver programmes**

If your child, or a child in your care, is feeling anxious it can be hard to know how to help them. You may worry about them and want to protect them, or perhaps even feel frustrated that they spend so much time focusing on things that don’t seem to be important. Their behaviour can have an impact on the whole family, as well as affecting a child’s friendships and how they get on at school. The whole situation can end up making you feel anxious, too.

The good news is there are things you can do that will help you and your child to manage better.

SilverCloud® by Amwell® is a mental health platform that has programmes you can access on your phone, tablet or computer. It uses digital Cognitive Behaviour Therapy, or iCBT for short, which is widely used as a proven and effective treatment for anxiety. Over 1 million people have already used SilverCloud® programmes to improve their wellbeing.

CBT will allow you to understand your child’s feelings and show you how to help them learn the skills they need to cope and thrive. It will also help you manage your own emotions, providing tools and knowledge, so you can respond positively to challenges and move forwards together.

There are two programmes available:

* *Supporting An Anxious Child*
* *Supporting An Anxious Teen*

If you would like to try a SilverCloud programme, all you need to do is *[info on how to join here].*