

Is your child or teenager struggling with worry or anxiety?

Digital mental health programmes can help to support.

The SilverCloud[®] by Amwell[®] parenting programmes are here to support parents and caregivers of anxious children and teens aged 12-18.



Easy to use

Available online 24/7. Accessible on your phone, tablet or laptop whenever you need.



Proven to work

Evidence based that have already helped over 1 million people to think and feel better.



Right for you and your child or teen

Private, judgement-free and tailored to your needs.



Evidence based and built on Cognitive Behavioural Therapy (CBT), psychoeducation and positive psychology, the programme will help you understand your child's anxiety and give you tools to support them to manage feelings of anxiety and worry.

Ask your healthcare specialist or find out more here:



amwell 

“Avoiding a situation that makes me anxious won't do me any good in the long run. Big challenges can be broken down to become more manageable”

- SilverCloud User