

## Are you caring for a child or teenager struggling with feeling of worry or anxiety?

Digital mental health programmes can help teachers, support workers and carers of children and teenagers.

The SilverCloud<sup>®</sup> by Amwell<sup>®</sup> programmes are here to support teachers and carers.

The SilverCloud<sup>®</sup> online programmes are specifically tailored to parents, caregivers, teachers and people working with children and teens.



### Easy to use

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



### Proven to work

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



### Right for you

Programmes are private, judgement-free and tailored to your needs.



The programme will help you understand the child's anxiety and give you tools to support the child to manage feelings of anxiety and worry.

They are evidenced based and built on Cognitive Behavioural Therapy, psychoeducation and positive psychology.

**Ask your healthcare professional for more information or find out more here.**

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