

# Low Mood & Anxiety Programme for Teens

It's common to feel anxious or down sometimes. But if it feels like a low mood and worries and fears are taking over your life, you may need support.

SilverCloud® by Amwell® is a clinically proven digital mental health platform, backed by 20 years of research. Our programmes are based on Cognitive Behavioural Therapy, or CBT for short. By using the *Low Mood & Anxiety* programme you'll start to understand your thoughts and feelings. You'll learn why you might feel the way you do, and what you can do to start feeling better.



## Knowledge and Learning

You'll learn that your emotions, feelings and actions are all linked. It will help you to make sense of what you're experiencing, and why it can sometimes be hard to change things.



## Skills and Strategies

Lots of young people experience anxiety, but the causes can be different. By tuning into your emotions and physical feelings you can start to spot your own patterns and triggers. You'll learn how to catch negative thoughts and begin to challenge them.



## Moving Ahead

At the end of the programme, you'll have learned how to tackle your anxiety and face your fears, in small manageable steps. You'll be better able to spot the warning signs that your anxiety is getting worse again, and will have learned about some ways you can try to stay well.

## Is this programme right for me?

This programme can help you learn how to manage the difficult emotional and physical symptoms of low mood and anxiety.

You can access the *Low Mood & Anxiety* programme on your phone, computer or tablet – wherever and whenever you need it.

There may be days when you don't feel like using your programme, but just doing a little bit every day can make a real difference to how you're feeling.

## Cognitive Behavioural Therapy (CBT)

CBT is a very effective treatment for low mood and anxiety. It helps you to understand what's going on and make changes to feel better.

Doing an online programme gave me the support I needed. It might sound weird, but it was comforting to know I could log on any time I was struggling with my emotions.

Aleksandra, SilverCloud® programme user



## Modules in the *Low Mood & Anxiety* programme:

- **Understanding Low Mood and Anxiety** – Find out about the effects of low mood and anxiety, and how CBT can help.
- **Noticing Feelings** – Explore your feelings and emotions and learn how you can start to change them.
- **Boosting Behaviour** – Find new ways to move from being stuck, to taking positive action.
- **Spotting Thoughts** – Catch those negative thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Managing Worry** – Find new ways to understand and manage your worries.
- **Bringing it All Together** – Combine the skills you have learned, and make a plan to stay well in the future.

## Tools and Activities

The *Low Mood & Anxiety* programme includes many helpful tools and activities including:

- **Personal stories** – Find out how other young people experience low mood and anxiety. It can help to know that you're not alone.
- **Quizzes** – Test your knowledge of anxiety and separate the myths from the facts.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.
- **Personal journal** – Keeping a journal can help to sort through your thoughts and feelings, reduce stress and solve problems.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.
- **Worry Tree** – Learn to deal with your worries.
- **Activity Scheduling** – Use this technique to motivate yourself to do things you enjoy.

Find out more



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