

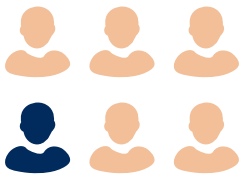
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Children & Young People Programmes

For Children, Teens, and Caregivers

Mental Health disorders in adolescents are on the rise, but often these conditions go untreated.



1 in 6

children experience mental health difficulties including depression and anxiety.¹



of children and young people experiencing a mental health difficulty are not getting treatment.²



Supporting an Anxious Child

[EN-GB, EN-US]

This programme has been designed for caregivers of children, ages 5 -11, who are looking to support their child in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

This programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psychoeducation, relaxation and gradual exposure, with the aim of enabling the child to identify their anxiety, and to apply their skills in anxiety-provoking situations.



Skills & Strategies

Caregivers will gain an understanding of how anxiety affects their children, the anxiety cycle, and strategies to help their child manage and alleviate these feelings and behaviours.



Positive Communication

Through positive communication techniques, caregivers will learn proactive problem-solving strategies, and better ways to communicate with their children. They will be able to use these skills to help their children develop a more balanced and positive way of thinking, while also teaching them to use graded exposure to face their fears.



Forging Ahead

To ensure these skills lead to lasting results, the programme incorporates preventative strategies like building self-esteem. Children will also walk away with newly learned relaxation practices and techniques, such as meditation and breathing exercises.



Modules

Parenting an Anxious Child ● Parenting Positively ● Changing Anxiety ● Problem Solving ● Changing Thoughts ● Facing Fears ● Creating a Plan ● Going Forward



Proven Tools

Relaxation Activities ● Quizzes ● My Response Plan ● Body Map Exercise Breathing Exercises ● Relaxation Activities ● Changing Your Thinking Tools ● Facing Fears Ladder ● Rewards & Consequences Exercises ● Muscle Relaxation

Supporting an Anxious Teen

[EN-GB, EN-US]

This programme has been designed for caregivers of teenagers, ages 12 - 18, who are looking to support a teen dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

This programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psycho-education, relaxation and gradual exposure, with the aim of enabling the teen to identify their anxiety, and to apply their skills in anxiety-provoking situations.



Skills & Strategies

Caregivers will gain an understanding of how anxiety affects teenagers, the anxiety cycle, and strategies to help manage and alleviate these feelings and behaviours. The programme will encourage caregivers to focus on the positive aspects of anxiety, and to normalise anxiety in conversations with teens.



Positive Communication

Caregivers will gain an understanding of how anxiety affects teenagers, the anxiety cycle, and strategies to help manage and alleviate these feelings and behaviours. The programme will encourage caregivers to focus on the positive aspects of anxiety, and to normalize anxiety in conversations with teens.



Forging Ahead

To ensure these skills lead to lasting results, the programme incorporates preventative strategies like building self-esteem and proactive problem solving. Teens will also walk away with newly learned relaxation practices and techniques, such as meditation and breathing exercises.



Modules

Parenting an Anxious Teen ● Parenting Positively ●
Changing Anxiety ● Problem Solving ● Changing Thoughts ●
Facing Fears ● Creating a Plan ● Going Forward



Proven Tools

Relaxation Activities ● Quizzes ● Body Map Exercise ● CBT Cycle ●
Breathing Exercise ● Family Problem Solving Tools ● 5 Senses ●
Relaxation Activity ● Facing Fears Ladder ● Muscle Relaxation ●
Building Self-Esteem Activity

Low Mood Programme for Teens

[EN-GB, EN-US]

The *Low Mood Programme for Teens* has been designed to relieve the symptoms of low mood by encouraging teens, ages 15 – 18, to develop more flexible ways of thinking. The programme promotes awareness and understanding of emotions while highlighting the importance of increasing activity and motivation in their daily lives. Using Cognitive Behavioural Therapy (CBT), teens will learn to better understand their feelings, as well as how to make positive changes to how they think and feel.



Skills & Strategies

Inactivity and lack of motivation are common issues associated with low mood. Throughout the programme, teens will learn how to motivate themselves to engage in enjoyable activities or ones that provide a sense of achievement. They will also learn key strategies for tackling the unpleasant physical feelings associated with low mood.



Balancing Thoughts

Learning about thinking traps will help teens to identify their negative, unhelpful, or 'hot thoughts' so they can take action with alternative ways of thinking and helpful self-talk.



Forging Ahead

Teens will walk away with strategies and techniques for lasting results. They will have gained a better understanding of their mood, as well as their triggers, and warning signs. They will also be equipped with techniques for building a reliable social network and skills to address any setbacks in the future.



Modules

Getting Started ● Understanding Low Mood ● Noticing Feelings ● Boosting Behaviour ● Spotting Thoughts ● Challenging Thoughts ● Core Beliefs (unlockable by a Supporter) ● Bringing it All Together ●



Proven Tools

Mood Monitor ● My CBT Cycle ● Staying in the Present ● Facing Your Fears ● Worry Tree ● Staying Well Plan

Anxiety Programme for Teens

[EN-GB, EN-US]

Using Cognitive Behavioural Therapy (CBT), teens, ages 15-18, can learn to better understand their thoughts, feelings, and behaviours and how to make positive changes relating to anxiety.

The *Anxiety Programme for Teens* applies the principles of CBT, providing users with psychoeducation, and a range of skill-based strategies - proven to be effective in reducing anxiety symptoms and improving overall quality of life.



Skills & Strategies

Teens will learn about the anxiety cycle and the physical sensations and emotions associated with it. They will then gain the tools and techniques to better understand and manage their anxiety. The programme also encourages teens to break down and analyse their fears so that they can gradually overcome them.



Balancing Thoughts

Learning about thinking traps will help teenagers to identify their negative, unhelpful, or 'hot thoughts' so they can take action with alternative ways of thinking and helpful self-talk.



Forging Ahead

Teens will walk away with strategies and techniques to think and feel better in the future. They will have a better understanding of their mood, as well as their triggers and the warning signs of anxiety. They will also be equipped with techniques for preventing a relapse, building a social network, and strategies for maintaining long lasting results



Modules

Getting Started ● Understanding Anxiety ● Noticing Feelings ● Facing Your Fears ● Spotting Thoughts ● Challenging Thoughts ● Managing Worry ● Bringing it All Together ● Going Forward



Proven Tools

Mood Monitor ● Worry Tree ● Quizzes ● Staying in the Present Tools ● CBT Cycle ● Body Scan ● Mapping Your Lifestyle ● Staying Well Plan

Low Mood & Anxiety for Teens

[EN-GB, EN-US]



The *Low Mood & Anxiety Programme for Teens* has been designed to relieve the symptoms of low mood and anxiety by developing more flexible ways of thinking. The programme also encourages teens, ages 15-18, to develop awareness and understanding of their emotions, while increasing activity and motivation in their daily lives. Using Cognitive Behavioural Therapy (CBT), teens can better understand their thoughts, feelings, and behaviours as well as learning how to make positive changes relating to low mood and anxiety.



Skills & Strategies

Inactivity and lack of motivation are common issues associated with low mood and anxiety. Through this programme, teens will learn to motivate themselves to engage in enjoyable activities or ones that provide a sense of achievement. They will also learn key strategies to tackle the unpleasant physical feelings associated with low mood and anxiety.



Balancing Thoughts

Learning about thinking traps will help teens to identify their negative, unhelpful, or 'hot thoughts' so they can take action with alternative ways of thinking and helpful self-talk.



Forging Ahead

Teens will walk away with strategies and techniques to think and feel better in the future. They will have a better understanding of their mood, as well as triggers and warning signs of low mood and anxiety. They will also be equipped with techniques for preventing a relapse, building a social network, and strategies for maintaining long lasting results.



Modules

Getting Started ● Understanding Low Mood & Anxiety ●
Noticing Feelings ● Boosting Behaviour ● Spotting Thoughts ●
Challenging Thoughts ● Managing Worry ●
Core Beliefs (unlockable by Supporter) ●
Facing Your Fears (unlockable by Supporter) ● Bringing it All Together



Proven Tools

Mood Monitor ● My CBT Cycle ● Staying in the Present ●
Activity Scheduling ● My Helpful Thoughts ● Worry Tree

Cognitive Behavioural Therapy (CBT)

With CBT, participants will better understand their thoughts, feelings, and behaviours and learn how to make positive changes - proven to reduce symptoms and better manage their mental health and wellbeing. Participants walk away with the tools to better manage their mental health now and in the future.

Supported Programme

We recommend that all clinical programmes are supported. You can choose to work with one of our expert supporters or we can train your organisation's supporter team. Supporters personalise the programme experience for users so they are able to reach their goals by providing weekly encouragement and ongoing motivation.



1. Anxiety and Low Mood Association of America (ADAA), Facts & Statistics

<https://adaa.org/understanding-anxiety/facts-statistics>

2. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>



Talk to us today

