

# Anxiety relief for young people

Online therapy programmes can support you to think more helpfully and cope with difficult feelings

Being a teenager or young person can be challenging – there are lots of things to juggle including school or university, friends, social media, family and lots of change.

We want you to know you're not alone.



## Easy to use

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



## Proven to work

SilverCloud programmes have already helped over 1 million people globally to think and feel better.



## Right for you

The mental health programmes are private, judgement-free and tailored to your needs.



The SilverCloud<sup>®</sup> platform online mental health programmes for young people can help you to understand how you're feeling and why. The online mental health programmes are specifically tailored 15-24-year-olds and are based on Cognitive Behavioural Therapy (CBT).

The programmes will help you to learn tools that can support you to cope better and manage difficult feelings.

**Ask your student counsellor, teacher, parent or 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