

# Supporting an Anxious Teen

It's common for teenagers to feel anxious sometimes. But if anxiety starts getting in the way of their daily life – if they're avoiding social events or skipping school because of it – they may need help to manage how they're feeling.

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 *Supporting an Anxious Teen* programme from SilverCloud® by Amwell® you'll learn to teach your teen how to gain control of their worry and anxiety. You'll also discover helpful techniques to help you manage any anxieties of your own.



## Skills and Strategies

You'll find out how anxiety affects teenagers. Then, you'll learn ways you can help your teenager address these feelings and behaviours.



## Positive Communication

Your response may be having an impact on your teenager's anxiety, so you'll be helped to focus on the positive aspects of anxiety, and to address how you talk about it with teens.



## Moving Ahead

At the end of the programme, you can help your teen to build self-esteem and resilience to protect them from being overwhelmed by anxiety in the future.

## Is this programme right for me?

This programme is designed to support you in helping a teenager to cope with their anxiety. It can be used by anyone who is supporting a teenager (aged 12 to 18), whether as a parent, a teacher or some other form of carer.

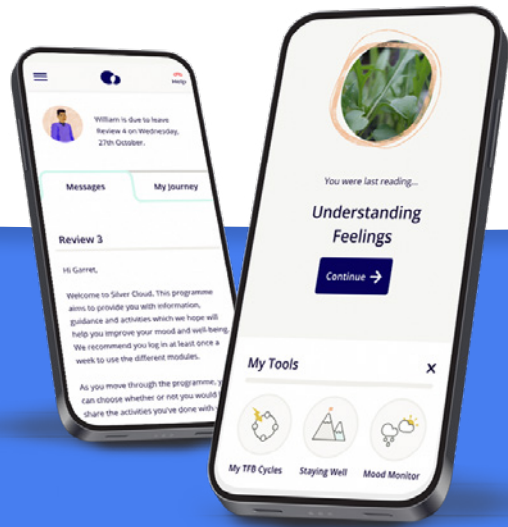
You can access the *Supporting an Anxious Teen* programme on your phone, computer or tablet – wherever and whenever you need it

“ I have seen a huge change in my daughter. She approaches things now with more openness, not automatically thinking of the worst-case scenario. ”

Serena, SilverCloud® programme user

## Cognitive Behavioural Therapy (CBT)

CBT is widely used as a proven treatment for anxiety. It helps you and your teen to understand what's going on and to make changes so they handle their worries better.



## Modules in the *Supporting an Anxious Teen* programme:

- **Parenting an Anxious Teen** – Understand anxiety. Learn how it can be a strength as well as a problem.
- **Parenting positively** – Find ways to respond to a teen effectively.
- **Changing Anxiety** – Help your teen to break the cycle of anxiety.
- **Problem Solving** – Take action to address the problems that cause anxiety.
- **Changing Thoughts** – Learn to think about worry and anxiety in a more helpful way.
- **Facing Fears** – Take a step-by-step approach to helping your teen overcome their fears.
- **Creating a Plan** – Create a plan to manage your teen's anxiety in the future.
- **Going Forward** – Build their self-esteem and stay on track.

## Tools and Activities

The *Supporting an Anxious Teen* programme includes many helpful tools and activities including:

- **Personal stories** – Find out how others are dealing with teenage anxiety.
- **Quizzes** – Test your knowledge of anxiety. Sort the myths from the facts.
- **Relaxation Techniques** – Try them yourself before learning how to teach them to your teen.
- **Body Map Exercise** – Help them notice how anxiety is affecting them physically.
- **Facing Fears Ladder** – Help your teen to overcome fears in small steps.
- **Problem Solving** – Use this process to solve personal or family problems.

Find out more



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