

# Space From Anxiety

Online mental health support  
for children and young people



Over half of all mental health issues start before the age of 14, with 75 percent by 24 years of age.

Our online programme for anxiety in young people provides early access to support, when it's needed.

## What is it?

The programme provides education and tools for young people to understand and manage their anxiety. Content is based on Cognitive Behavioural Therapy (CBT) an effective way to reduce anxiety symptoms.



“ In regards to the programme I've learned everything I needed to know in terms of my mental health. I'm now having a fresh start and feel better about everything. I wanted to say thank you for all of your help, I truly appreciate it. ”

SilverCloud Young Person User

## It's easy to access

Accessible online, when it's needed. Young people work through content at their own pace.

## It's supportive

A human supporter guides the young person through the programme, answering any questions they have.

It works:

**87%** of young people found it helpful.

**91%** found it interesting

# Space From Anxiety

What They Will Learn



## Understanding Anxiety

Helps users to understand how anxiety affects young people and use CBT to help manage their symptoms.

## Noticing feelings

Helps users to learn about emotions and what impacts them. Using physical sensations to tune in to young people emotions.

## Facing your fears

Helps users to break fears down into small steps in order to face them.

## Spotting thoughts

Helps users to understand how thoughts affect how they feel and become aware of any negative thinking patterns.

## Challenging thoughts

Helps users to learn how to generate more balanced thoughts and tackle negative thinking.

## Managing worry

Helps users to see the role that worry plays in anxiety and learn how to manage worry.

## Bringing it all together

Helps users maintain to reflect on all the skills learnt so far

To find out more visit

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## Managing Study and Exam Stress

Helps users to establish a study routine and handle stress around exams.

## Getting Active and Eating Well

Helps users to focus on their overall health by eating well and becoming physically active.

## Sleeping Better

Helps users to understand sleeping difficulties and develop a healthy sleeping routine.

## Friendships & Social Groups

Helps users to learn how to make and maintain good friendships.

## My Self-Esteem and I

Helps users to understand the impact of self-esteem on their mood and ways to improve their self-esteem.

## Relaxation

Helps users to learn techniques and strategies for relaxation.

Talk to us today

Contact Us



# Supporting An Anxious Child

For parents, teachers and carers of children aged 4-11

What They Will Learn



## Parenting An Anxious Child

Empower you to recognise and focus on the helpful sides of anxiety.

## Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

## Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

## Problem Solving

Learn when to address your child's worries with effective problem solving.

## Changing Thoughts

Promote the use of cognitive restructuring strategies to challenge worries and create more balanced thinking.

## Facing Fears

Facilitate recognition of the importance of children facing their fears, rather than avoiding them.

## Creating A Plan

Supporting you in ongoing anxiety management planning.

## Going Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.



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# Supporting An Anxious Teen

For parents, teachers and carers of children aged 12-18



## What You Will Learn

### Parenting An Anxious Child

Empower you to recognise and focus on the helpful sides of anxiety.

### Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

### Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

### Problem Solving

Learn when to address your child's worries with effective problem solving.

### Changing Thoughts

Promote the use of cognitive restructuring strategies to challenge worries and create more balanced thinking..

### Facing Fears

Facilitate recognition of the importance of children facing their fears, rather than avoiding them.

### Creating A Plan

Supporting you in ongoing anxiety management planning.

### Going Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.



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