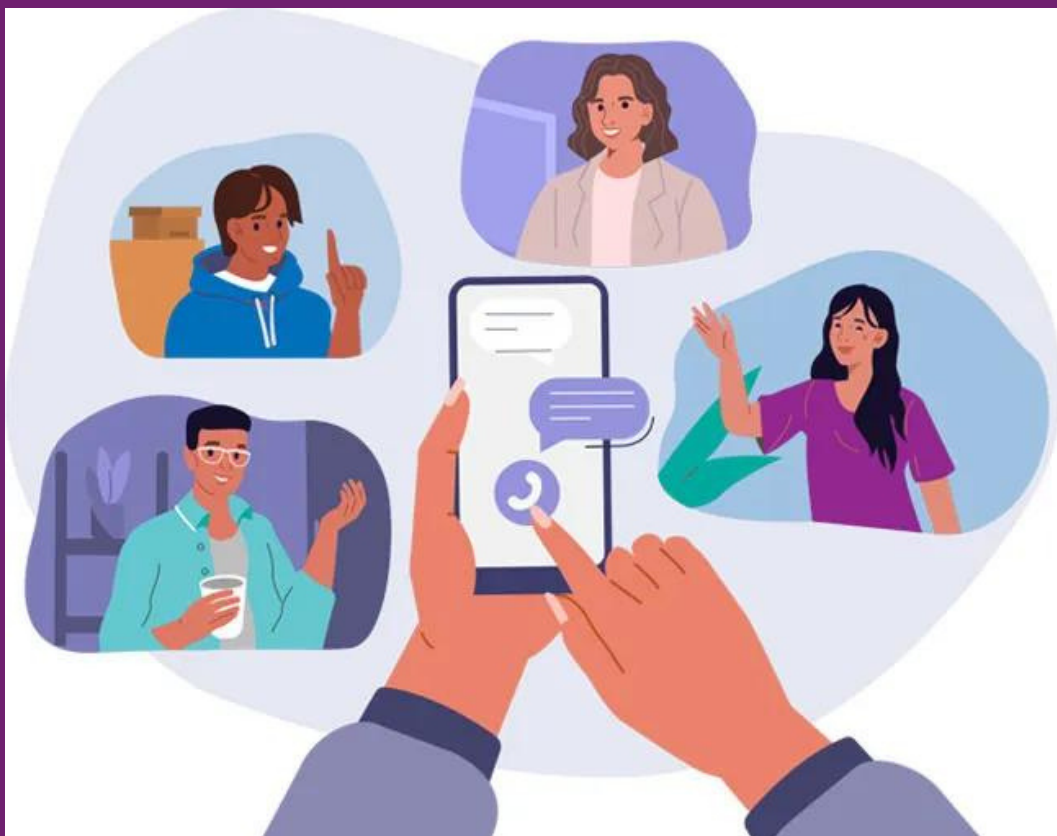


Space from Low Mood & Anxiety for Young People

Guided Self-Care

Supported Online Programmes

Information for Young People



timetotalk

WEST BERKSHIRE

Do you ever feel overwhelmed?

Are you experiencing emotional difficulties?

Do you know how to cope?

Do you ever feel anxious?

Do you know who you can talk to if you are feeling low or anxious?

Everyone experiences anxiety. It can play a healthy role in alerting us to problems or challenges.

While anxiety is a natural feeling, it can also become overwhelming and get in the way of day-to-day life.

The **Space from Low Mood & Anxiety** module helps you to understand your own low mood/anxiety and how to manage them.

It's easy to use, with tools and activities to help you put what you have learnt into practice.

About **Space from Low Mood & Anxiety**

Space from Low Mood & Anxiety is for people between 11-25 years of age who are experiencing low mood and/or anxiety.

It is all online and helps you to understand your anxiety and how to manage it. It has two main steps which help you feel well:

- Understanding what's going on inside of you
- Making changes to feel better

Working through the programme is easy and there are tools and activities that help you put what you have learnt into practice.

A trained supporter will guide you through the programme and answer any questions you have.

These programmes have been created by the digital platform SilverCloud by Amwell who are leaders in providing online self-care programmes.

What you will learn

Understanding Anxiety

An introduction to Cognitive Behavioural Therapy (CBT) and an explanation of anxiety, how it affects the user and how CBT can help manage it.

Noticing Feelings

The user learns about emotions and how to use physical sensations as a way of tuning into one's emotions.

Boosting Behaviour

The user learns how behaviour can affect mood and get motivated to achieve goals

Facing your Fears

The user learns how to break down their fears into small steps in order to face them.

Spotting Thoughts

Users learn about how their thoughts affect how they feel and become aware of negative thought patterns.

Challenging Thoughts

Users learn how to create thoughts that are more balanced.

Managing Worry

The role worry plays in contributing towards anxiety is explained and users learn how to manage their worry.

Bringing it all Together

Users learn how maintain the skills and habits taught in the programme.

It is safe and accessible 24/7 allowing you access at a time that suits you.