

# Supporting an Anxious Child or Teen

Guided Self-Care

Supported Online Programmes

Information for Parents/Carers



**timetotalk**  
WEST BERKSHIRE

Do you ever feel concerned by your child's worries?

Do you ever feel like you need help to manage your child's anxiety?

Do you know how to cope?

Do you ever feel anxious?

Would you like help with positive parenting?

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.

Anxiety affects a large number of people, of all ages, across the world. If your child or teenager is experiencing symptoms of anxiety, they are not alone. And as a parent trying to help them, you are not alone either.

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

# About **Supporting an Anxious Child or Teen**

**Supporting an Anxious Child** and **Supporting an Anxious Teen** are both programmes designed to support children, adolescents and teenagers aged 5 to 18 (and beyond). They are based on Cognitive Behavioural Therapy, or CBT, which is widely used as a proven and effective treatment for anxiety.

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

- Understanding what's going on inside of your child
- Making changes to help them (and you) 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

## Supporting an Anxious Child or Teen

Understand anxiety and learn how it can be a strength as well as a problem

## Parenting Positively

Learn how to respond effectively as a parent

## Changing Anxiety

Help your child break out of the cycle of anxiety

## Facing Fears

A step-by-step approach to overcoming anxiety and achieving goals

## Changing Thoughts

Learn to think more helpfully about worry and anxiety

## Problem Solving

Take action to address the problems that cause anxiety

## Creating a Plan

Build a plan to manage and prevent anxiety in the future

## Moving Forward

Building self-esteem and keeping on track

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