

# Space from Anxiety for Young People

Guided Self-Care Digital Programmes  
Information for Young People



SilverCloud

**childline**  
by ISPCC

**Do you ever feel overwhelmed?**

**Are you experiencing emotional difficulties?**

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

**Do you ever feel anxious?**

**Do you know how to cope?**

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

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

Space from Anxiety helps you to understand your anxiety and how to manage it. It's easy to use, with tools and activities to help you put what you have learnt into practice.

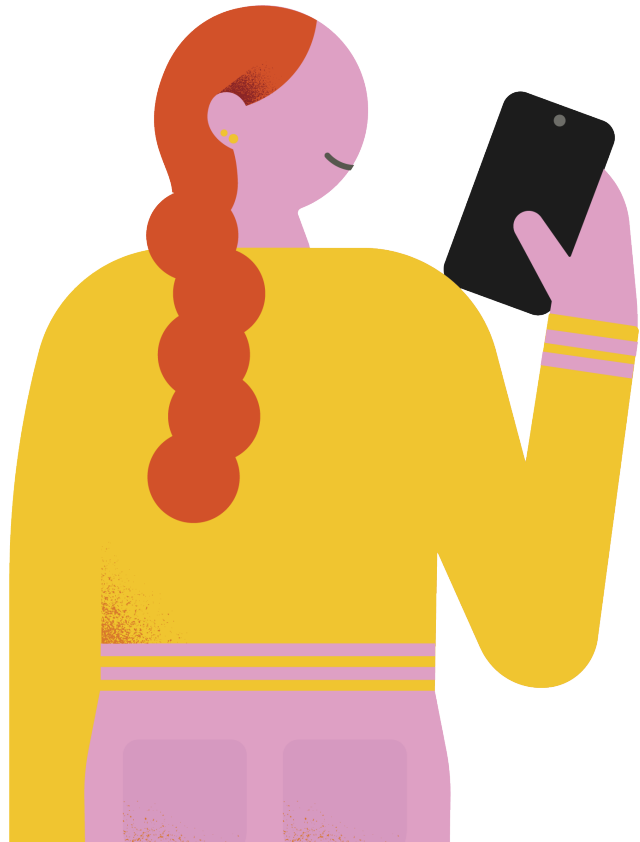
# About Space from Anxiety Programme

Space from Anxiety programme is for people between 14-18 years of age who are experiencing 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 who are leaders in providing online self-care programmes.



# What you will learn

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## 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.

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## Noticing Feelings

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

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## Facing your Fears

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

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## Spotting Thoughts

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

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## Challenging Thoughts

Users learn how to create thoughts that are more balanced.

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## Managing Worry

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

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## Bringing it all Together

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

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

# How to get started

To participate in this programme, your parent/carer/schoolteacher or trusted adult will need to refer you by completing a simple form. We will then be in touch to get you started on the programme.

**To find out more, please contact our support line between 9am and 1pm Monday to Friday on:**

**T: 01 522 4300**

**W: visit [ispcc.ie](https://ispcc.ie)**

**E: [spacefromanxiety@ispcc.ie](mailto:spacefromanxiety@ispcc.ie)**



**The delivery of these programmes  
by Childline is supported by:**



Rialtas na hÉireann  
Government of Ireland

# Supporting an Anxious Child or Teen

Guided Self-Care Digital Programmes  
Information for Parents



## **Does your child ever feel anxious or overwhelmed? Do they experience emotional difficulties?**

Do *you* ever feel overwhelmed or that you could benefit from guidance on how to support your child? This programme will help parents and carers of children aged 5-18, looking to support their children in dealing with worry and anxiety. You will also learn helpful strategies to deal with your own anxiety.

We offer guided self-care programmes to help you and your child/young person better understand anxiety and to minimise the distress often associated with it.



# What are the guided self care digital programmes?

**We offer a digital programme aimed at reducing anxiety for children and young people, as well as programmes for parents around supporting their child or young person with anxiety.**

Our digital programmes are built in conjunction with leading clinical and subject experts. They are interactive, human-supported, convenient and easy to use. They aim to empower children to think and feel better and to apply the given techniques from the programmes to their day-to-day lives.

They are engaging, interactive and use quizzes, mindfulness exercises, audio and visual clips to help manage anxiety and reduce the distress associated with anxiety. They have shown to bring about positive long-term results.

These programmes are grounded in the principles of Cognitive Behavioural Therapy (CBT) and have been created by SilverCloud, pioneers in digital mental health and global leader of evidence-based digital wellbeing and behavioural health solutions.



# Who is it for?

**Space from Anxiety** is for 14 – 18 year olds and is designed to empower young people who experience low-to-moderate anxiety. The programme teaches young people techniques they can use every day to help them cope with whatever might come their way.

**Supporting an Anxious Child and Supporting an Anxious Teen** are for parents or carers and will help you explore anxiety and support your child or young person.

If you are a parent/carer looking to support your 5-11 year old child who experiences low to moderate anxiety, our Supporting an Anxious Child programme is for you.

If you are a parent/carer looking to support your 12-18 year old teenager who experiences low to moderate anxiety, our Supporting an Anxious Teen programme will meet your needs.



# How it works

Individuals can access all the modules online whenever they wish. They will have a supporter assigned from our Childline services team, who will link in with them regularly to support them in completing the programme.

The programmes are financially supported by the HSE National Office for Suicide Prevention, as part of Connecting for Life, Ireland's National Strategy to Reduce Suicide.

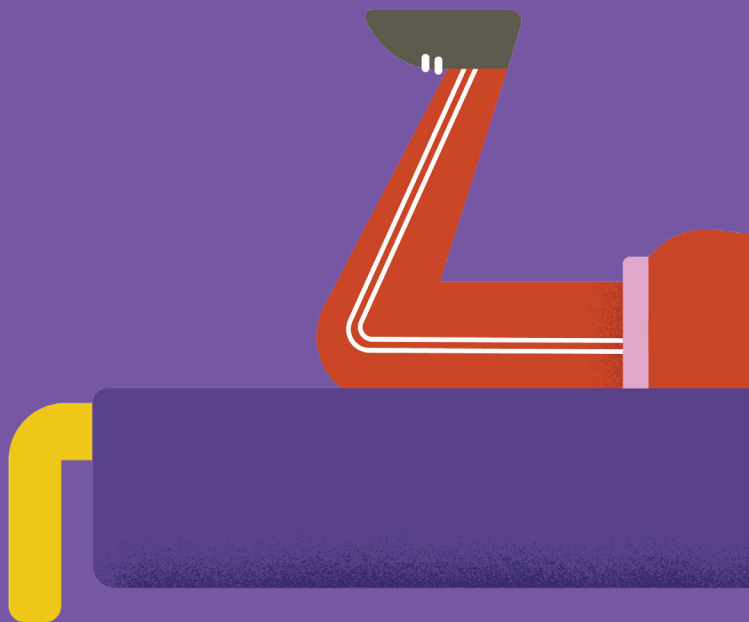
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# Supporting an Anxious Child or Teen

Guided Self-Care Digital Programmes  
Information for Professionals



## **Online mental health support for children, young people and parents.**

These programmes have been created by SilverCloud, pioneers in digital mental health and global leader of evidence-based digital wellbeing and behavioural health solutions.

You can refer parents / carers / children and young people aged 14-18 years to us. Children and young people must have parental consent to participate.

The programmes outlined in this document are not suitable for high risk users or those experiencing suicidal ideation. Please see urgent medical advice in such instances.

# About the programmes

**We offer FREE digital programmes aimed at reducing anxiety for children and young people, as well as digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager.**

These programmes, developed by SilverCloud\* are based on the principles of Cognitive Behavioural Therapy (CBT). They incorporate mindfulness practices and are specifically designed to assist in managing anxiety.

They aim to empower participants to think and feel better and to apply the given techniques in their day-to-day lives.

A trained member of our Childline team will guide and support each participant through their programme confidentially.

Our Space from Anxiety programme is grounded in the principles of Cognitive Behavioural Therapy (CBT). It is engaging, interactive and uses quizzes, mindfulness exercises, audio and visual clips to help manage anxiety and reduce the distress associated with anxiety. It has shown to bring about positive, long-term results.

*\* SilverCloud is a leading global provider of evidence-based digital wellbeing and behavioural health solutions*



## Who they are for

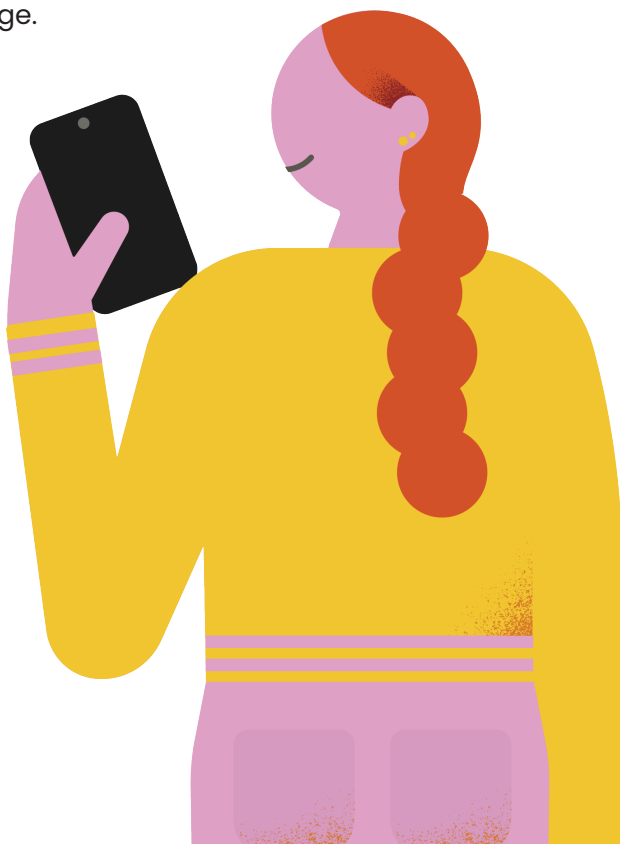
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**Supporting an Anxious Child** and **Supporting an Anxious Teen** are for parents or carers and will help them explore anxiety and support their child or young person. These parent/carers programmes are suitable for those with children aged between 5–18 years of age.

## How to refer

To refer a client, please contact our support line on 01 522 4300 between 9am and 1pm Monday to Friday, or email [spacefromanxiety@ispcc.ie](mailto:spacefromanxiety@ispcc.ie)

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# What young people will learn

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## Managing Worry

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## Bringing it all Together

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

# What Parents/ Carers will learn

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## Supporting An Anxious Child/ Teen

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

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## Parenting Positively

Learn how to respond effectively as a parent.

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## Changing Anxiety

Help their child break out of the cycle of anxiety.

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## Problem-Solving

Take action to address the problems that cause anxiety.

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## Changing Thoughts

Learn to think about worry and anxiety in a more helpful way.

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## Facing Fears

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

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## Creating A Plan

Build a plan to manage and prevent your child's anxiety in the future.

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## Moving Forward

Building self-esteem and keeping on track.

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