

A photograph of a woman with short blonde hair, smiling warmly at a child. The child is seen from the side, wearing a white t-shirt. They are outdoors, with green foliage in the background.

Supporting an anxious child or teen

Digital Mental Health and Wellbeing
Programmes Information for Parents

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

Could benefit from guidance on how to support your child? These programmes 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 *digital mental health and wellbeing programmes* to help you and your child/young person better understand anxiety and to minimise the distress often associated with it.

What are the digital mental health and wellbeing programmes?

We offer a *digital programme* aimed at reducing anxiety for young people, as well as programmes for parents around supporting a 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. These programmes 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 and 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, a pioneer in digital mental health and global leader of evidence-based digital wellbeing and behavioural health solutions.

Who are they for

Space from Anxiety is for 15 – 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.

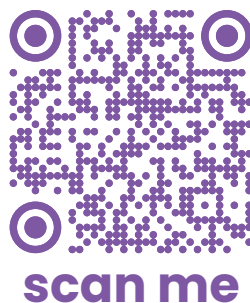
How it works

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.

To find out more, **please scan** the QR code.

Alternatively, you can call our support line between 9am and 1pm, Monday to Friday on **01 522 4300**.





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



Rialtas na hÉireann
Government of Ireland



St Patrick's
Mental Health Services