

Supporting an anxious child or teen

Digital Mental Health and Wellbeing
Programmes Information for Professionals

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

We offer FREE digital programmes to help children and young people reduce anxiety, and to support parents and carers in managing their own anxiety while helping their anxious child or teenager.

Space from Anxiety is based on Cognitive Behavioural Therapy (CBT). It's engaging and interactive, using quizzes, mindfulness exercises and multimedia to reduce anxiety and distress, with proven long-term benefits. They are created by SilverCloud, a global leader in evidence-based digital mental health.

You can refer parents, carers, and young people aged 15–18 (with parental consent). These programmes are not suitable for high-risk users or those experiencing suicidal ideation they must seek urgent medical advice in such cases.

Who is it 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.

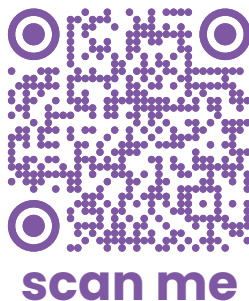
Supporting an Anxious Child and *Supporting an Anxious Teen* are for parents or carers and will help them explore anxiety and support their child or young person. These parent/carer programmes are suitable for those with children aged between 5–18 years of age.

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

The programmes are 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.



What young people 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.

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.

What parents/carers will learn

Supporting An Anxious Child/ 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 their child break out of the cycle of anxiety.

Problem-Solving

Take action to address the problems that cause anxiety.

Changing Thoughts

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

Facing Fears

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

Creating A Plan

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

Moving Forward

Building self-esteem and keeping on track.



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



Rialtas na hÉireann
Government of Ireland



St Patrick's
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