

space from anxiety

Digital Mental Health and Wellbeing
Programmes for young people

"I feel like I'm getting everything I wanted out of this programme, and I feel like I'm a new person."

"I find this programme so helpful, and I already feel some improvement within myself!"

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 the *Space from Anxiety* programme

Space from Anxiety is for people between 15 and 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 which is a leader 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.

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.

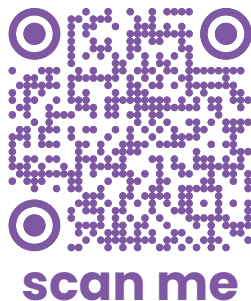
It is safe and accessible 24/7 allowing you to log in whenever and wherever it suits you.

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 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