

Young patients struggling with anxiety or ADHD?

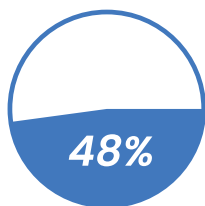
Find help, with ISPCC's FREE Digital Mental Health and Wellbeing programmes

The delivery of these programmes is supported by:

The Challenge in Ireland

Through our national Childline listening service, we hear directly from thousands of children, young people and families every year. Anxiety and ADHD are among the most common reasons children and young people need support, affecting their confidence, relationships, education and overall wellbeing

Many families tell us they don't know where to turn or how best to support their child. That's why we now provide a suite of free, guided Digital Mental Health and Wellbeing Programmes that provide practical, evidence-based support when it's needed most.



Every year we speak to thousands of individuals. 48%* of those report suffering from anxiety.

Why you can trust ISPCC

For decades, ISPCC has supported children, young people and families across Ireland through our Childline listening service and a range of services and programmes. Every year, we hear directly from thousands of children and young people, giving us a unique understanding of the challenges they face and the supports that make a difference.

Our **FREE** Guided Digital Mental Health Programmes are

- Financially supported by HSE
- Grounded in Cognitive Behavioural Therapy (CBT)
- Delivered via the SilverCloud platform, a global leader in digital mental health
- Supported delivery by Childline staff and trained volunteers

Designed for teenagers, parents and carers, these programmes provide accessible, practical support that can help families better understand anxiety and ADHD, develop coping strategies and build confidence in managing everyday challenges.



Help is here

Young people aged 15 to 18

Support for young people with anxiety and ADHD

ISPCC offers two guided digital programmes designed specifically for young people who are experiencing anxiety or living with ADHD. Both programmes provide practical tools, evidence-based guidance and ongoing support to help young people better understand themselves and build confidence in managing everyday challenges.

Space from anxiety

Ages 15 – 18

Designed for young people experiencing mild to moderate anxiety.

The programme helps them better understand anxiety, recognise thoughts, feelings and behaviours that can affect it, and develop practical strategies to build confidence, resilience and emotional wellbeing.

Living well with ADHD

Ages 16 – 18

Designed for young people aged 16–18 who have ADHD or are experiencing ADHD-related challenges.

The programme helps them better understand themselves and develop practical strategies to improve organisation, attention, confidence and overall wellbeing.

Who qualifies?

Space from Anxiety is suitable for young people aged 15–18 experiencing mild to moderate anxiety who would benefit from early, structured support. Young people aged 14 may be accepted where deemed appropriate by the referring clinician. The programme is not suitable for young people requiring urgent clinical or crisis intervention.

Living well with ADHD is suitable for young people aged 16–18 who are experiencing ADHD-related challenges. A formal diagnosis is not required, making the programme suitable for young people awaiting assessment or seeking practical support to manage everyday challenges. It is designed for those who are motivated to engage with an online, guided programme.

What they will learn

Space from Anxiety

Understanding Anxiety

Learn how anxiety affects thoughts, feelings and behaviours.

Managing Worry

Develop practical strategies to manage anxious thoughts and build confidence.

Building Resilience

Learn techniques to cope with difficult situations and everyday challenges.

Looking After Wellbeing

Build healthy habits that support emotional wellbeing now and into the future.

Living well with ADHD

Understanding ADHD

Learn how ADHD affects everyday life and recognise personal strengths and challenges.

Attention & Organisation

Develop practical skills to improve focus, planning and organisation.

Managing Everyday Challenges

Explore ways to manage impulsivity, procrastination and overwhelming situations.

Building Confidence

Strengthen self-esteem, problem solving skills and emotional wellbeing.

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



Programmes for Parents and Carers

How can parents/carers support their child or teen?

Parents and carers play an important role in supporting a child's mental health and wellbeing. These guided digital programmes provide practical, evidence-based strategies to help families better understand anxiety and ADHD, build confidence and support positive outcomes at home.

Supporting an anxious child

Child aged 5–11

Supports parents and carers to better understand childhood anxiety and develop practical strategies to help their child build confidence and cope with everyday challenges.

Supporting an anxious teen

Young person aged 12–18

Supports parents and carers to understand teenage anxiety and learn practical techniques to encourage independence, resilience and emotional wellbeing.

Supporting a child with ADHD

Child or young person aged 6–12

Supports parents and carers to better understand ADHD and develop practical strategies to manage everyday challenges, strengthen relationships and support their child's wellbeing.

Who qualifies?

Supporting an Anxious Child

For parents and carers of children aged 5–11 experiencing mild to moderate anxiety. The programme provides practical, evidence-based strategies to help families understand anxiety and support their child's emotional wellbeing.

Supporting an Anxious Teen

For parents and carers of young people aged 12–18 experiencing mild to moderate anxiety. The programme helps families build confidence and develop practical strategies to support their teenager.

Supporting a Child with ADHD

For parents and carers of children and young people aged 6–12 experiencing ADHD-related challenges, with or without a formal diagnosis. The programme provides practical strategies to better understand ADHD and support everyday life at home.

What they will learn

Supporting an anxious child/teen

Understanding Your Child

Understand how anxiety affects your child or teenager's thoughts, feelings and behaviours.

Practical Strategies

Learn practical techniques to help your child manage anxiety and build resilience.

Supporting Wellbeing

Build confidence, strengthen communication and support your child's emotional wellbeing.

Supporting a child with ADHD

Understanding ADHD

Understand how ADHD affects attention, emotions, behaviour and everyday life.

Everyday Strategies

Learn practical techniques to support organisation, routines and emotional regulation.

Positive Parenting

Strengthen communication, build positive relationships and support your child's wellbeing.

How to refer a teen, parent or carer

GP referrals play a crucial role in the success of our digital programmes. When a young person or parent/carers is referred by their GP, engagement and completion rates are significantly higher — with a **61% conversion rate** for GP-referred participants.

Option 1

Refer via ISPCC.ie

Advise parents/carers to visit [ISPCC.ie](https://ispcc.ie) and complete the referral form for their teen and/or themselves.

Complete the referral form on their behalf via [ISPCC.ie](https://ispcc.ie), with the patient's and parent/carers consent

Option 2

Refer via Healthlink

Referrals can also be submitted through **Healthlink** using:

Anxiety Management iCBT Programme 15–18 YP ISPCC

Anxiety Management Support Your 5–11 YP ISPCC

Anxiety Management Support Your 12–18 YP ISPCC

ADHD Management iCBT 16 – 18 YP ISPCC

ADHD Management iCBT Support Your 6–12 YP ISPCC

Option 3

Direct Contact

You can contact us directly for support or further information:



01 522 4300 (Monday–Friday, 9am–1pm)



spacefromanxiety@ispcc.ie

Age Criteria & Consent

- Space from Anxiety is for young people aged 15–18*
- Managing ADHD is for young people aged 16–18

Young people aged 14 may participate if deemed appropriate by referring Clinician only

ISPC offers many free, on-demand programmes and services,
available to you, your family and community:

For children and young people:

Childline

Call on 1800 66 66 66

Live chat on childline.ie



Missing Children Hotline

Call 24/7 for free on 116 000.

For adults or children.

Anxiety & ADHD

Digital Mental Health
Programmes to help
teens with anxiety and
ADHD

For parents and carers:

NVR

Non-violent Resistance

Free, online programme
supporting those facing
child to parent violence in
the home.

Parenting Hub

Resources to support
parents and carers with
advice, on-demand
learning and bespoke
supports.

Anxiety & ADHD

Digital Mental Health
Programmes to help
parents/carers support a
child with anxiety and how
to manage ADHD.

For schools:

little voices **BIG IDEAS**

Educational module
aimed at preventing
violence against children.

Smart Moves school transition programme

Free, teacher-led
programme to help
students transition from
primary to secondary
school.

Transition Year Programme

Collaborative programme
where TY students, learn
from and work alongside the
ISPC and Childline.

Outreaches & Workshops

Free learning and
engagement sessions
for schools and other
organisations.



SHIELD Anti-Bullying

Free programme
supporting organisations
in preventing bullying.

GroSafe

Innovative project
developed by TU Dublin
and ISPC to protect
children from grooming.

Learn how you can take part at ISPC.ie