**ISPCC**

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.

Courses:

* **Space from Anxiety** is for 14 – 18 year olds and is designed to empower young people who experience low-to-moderate anxiety
* **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

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

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

See PCF-Portal for the brochures and further information.

**AWARE**

As well as programmes through the ISPCA aimed more at children and parents (Uploaded to the PCF Portal, from silvercloud) There are also programmes available for free online, self-directed learning through Aware for any adult over 18 years.

There are four programmes available through aware.

* Space for sleep
* Space for Resilience
* Space from Stress
* Space from Covid-19

They consist of 5-8 modules each, that the person does online in their own time.

See link here:

[Online Self-Directed Programmes - Depression Support - Aware](https://www.aware.ie/programmes/online-self-directed/)

It requires someone to register online, so they would need internet access and be okay with technology. I think its usable on devises such as phones too to make it more accessible.