

# Supporting an Anxious Child or Teen

Guided Self-Care Digital Programmes  
Information for Professionals



SilverCloud

**Childline**  
by ISPCC

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

These programmes have been created by SilverCloud, pioneers in digital mental health and global leader of evidence-based digital wellbeing and behavioural health solutions.

You can refer parents / carers / children and young people aged 14-18 years to us. Children and young people must have parental consent to participate.

The programmes outlined in this document are not suitable for high risk users or those experiencing suicidal ideation. Please see urgent medical advice in such instances.

# About the programmes

**We offer FREE digital programmes aimed at reducing anxiety for children and young people, as well as digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager.**

These programmes, developed by SilverCloud\* are based on the principles of Cognitive Behavioural Therapy (CBT). They incorporate mindfulness practices and are specifically designed to assist in managing anxiety.

They aim to empower participants to think and feel better and to apply the given techniques in their day-to-day lives.

A trained member of our Childline team will guide and support each participant through their programme confidentially.

Our Space from Anxiety programme is grounded in the principles of Cognitive Behavioural Therapy (CBT). It is engaging, interactive and uses quizzes, mindfulness exercises, audio and visual clips to help manage anxiety and reduce the distress associated with anxiety. It has shown to bring about positive, long-term results.

*\* SilverCloud is a leading global provider of evidence-based digital wellbeing and behavioural health solutions*



## Who they are for

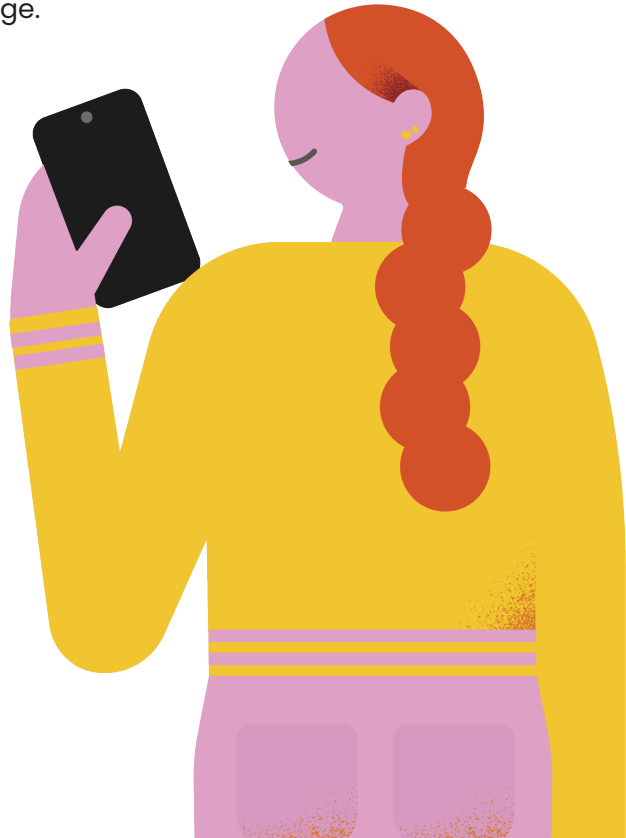
**Space from Anxiety** is for 14 – 18 year olds and is designed to empower young people who experience low-to-moderate anxiety. The programme teaches young people techniques they can use every day to help them cope with whatever might come their way.

**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](mailto: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.



# 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