

Resources to support anxiety in young people

SilverCloud Supporting Children With Anxiety: Computerised CBT

Free
to
access

What is it?

An online intervention that you can work through flexibly at your own pace. Access to the modules can be done anywhere and at any time on your computer, tablet or mobile phone. There are two versions for parents, one for children and one for teens.

How will it help?

The modules are based on cognitive behavioural therapy (CBT), the recommended treatment for managing anxiety. The programme aims to help parents and carers who are looking to support their young person in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

How do I access it?

shorturl.at/cDM89
Access Code: nhsggc



Useful Websites, Books and Apps

Websites

Anxiety UK: <https://www.anxietyuk.org.uk/>

Young Minds: <https://www.youngminds.org.uk/>

Books

Helping Your Child with Fears and Worries: A Self-help Guide for Parents (2019) by Cathy Creswell and Lucy Willetts

Apps

Hospichill

MindShift