It has arrived! Space from Anxiety programme for Teenagers

Silvercloud is an online self-help programme for young people who are 15+ to help you understand your anxiety and worries

87% of young people found it useful

91% of young people found it interesting

"I've learnt everything I needed to know in terms of my mental health. I'm now having a fresh start and feel better about everything. I wanted to say thank you for all of your help. I truly appreciate it "

Silvercloud Young Person User

SCAN ME

SilverCloud

OTHER PROGRAMMES

⇒ Space for Positive Body Image

⇒ Space for Resilience

⇒ Space from Low Mood

⇒ Space from Stress

You can sign up for free and work through it in your own time .

https://actionforchildren.silvercloudhealth.com/signup/

Silvercloud for parents, carers and teachers is an evidenced based online CBT tool that helps you to support your children and young people who are suffering with anxiety. The programme is free and you can work through it at your own pace

⇒ Positive parenting

⇒ Respond to anxiety and distress

⇒ Support your child to face fears

⇒ Address anxious behaviour and thinking

⇒ Encourage your child to think better to feel better

SCAN ME

"My young man is coming back to me and is starting to shine again, having a laugh, and caring again,

confidence is coming back too. Its amazing to have such a breakthrough "

Parent of Young Person

SilverCloud

https://actionforchildren.silvercloudhealth.com/signup/