

## Online mental health and wellbeing support for young people and their families.

**Space from Anxiety** This programme provides education and tools for young people to understand and manage their Anxiety. It uses Cognitive Behavioural Therapy (CBT) which is an effective way to reduce anxiety symptoms allowing young people to work through the content at their own pace. A human supporter guides the young person through the programme, answering questions they have along the way.

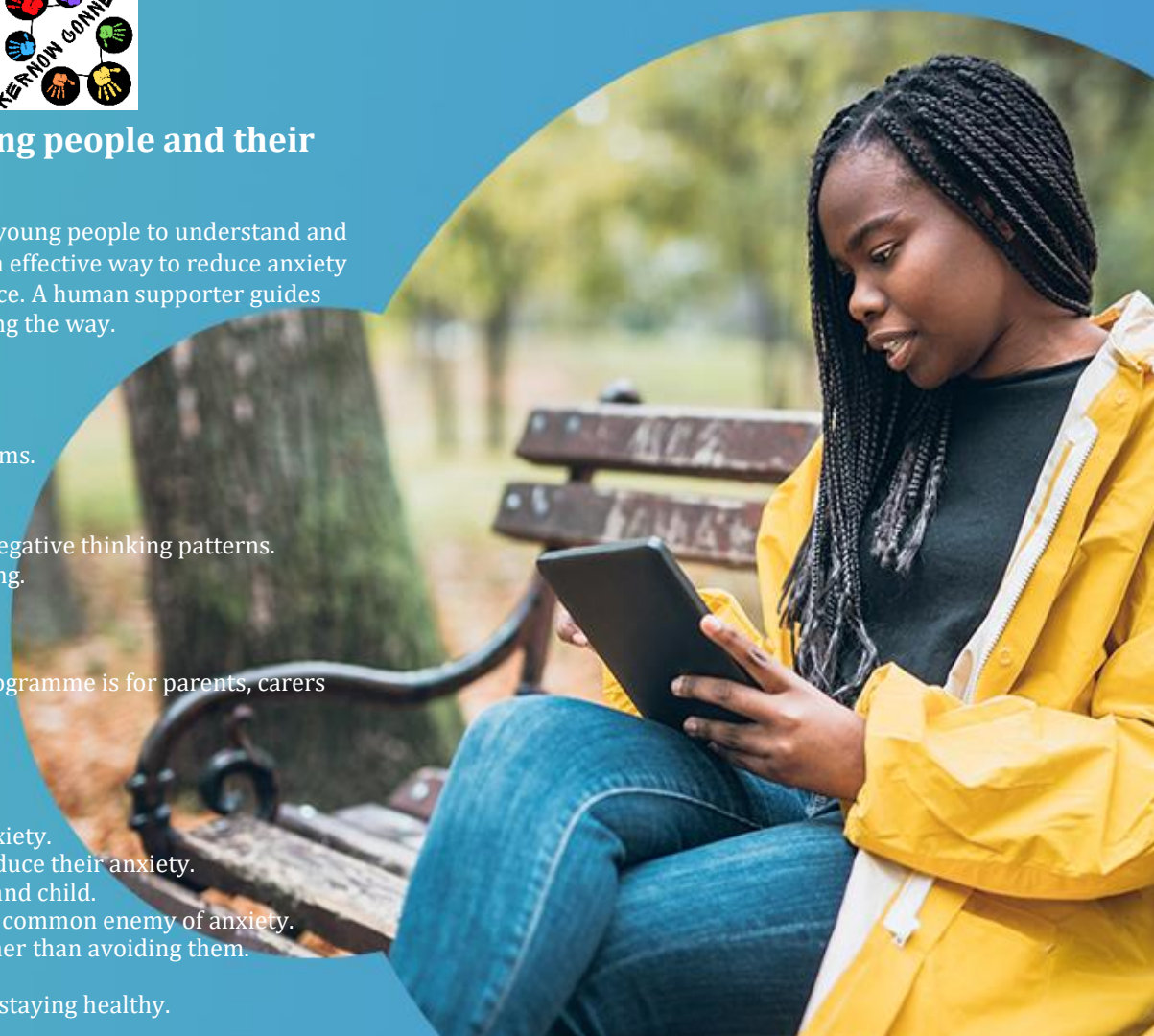
Through the course young people can expect to

- Learn about Cognitive Behavioural Therapy.
- Understand how anxiety affects them and use CBT to help manage symptoms.
- Learn about emotions and what impacts them.
- Break down fears into small steps in order to face them.
- Understand how thoughts affect how they feel and become aware of any negative thinking patterns.
- Learn how to generate more balanced thoughts and tackle negative thinking.
- See the role that worry plays in anxiety and learn to manage worry.

**Supporting an anxious Teen 12 – 18 years** This self-guided programme is for parents, carers and teachers of young people experiencing anxiety.

Parents, carers and teachers can expect the course to

- Empower you to recognise and focus on the help sides of anxiety.
- Learn how to respond more positively when your child is experiencing anxiety.
- Learn how to use key CBT skills to help your child make changes which reduce their anxiety.
- Learn how to facilitate positive communication channels between parent and child.
- Learn how the use of externalisation unites you and your child against the common enemy of anxiety.
- Facilitate recognition of the importance of teenagers facing their fears rather than avoiding them.
- Supporting you in ongoing anxiety management planning.
- Enhance understanding of the importance of self-esteem and resilience in staying healthy.



Young People can access the Silver Cloud supported Space for Anxiety programme by completing an **Action for Children Kernow Connect Referral Form** which can be found on the Kernow Connect website. Please use the QR code to access this. Once we have received your request a worker will be in touch to ensure the programme is suitable for you. Once a place becomes available you will be allocated a supporter and given access to the programme.

If there is a waiting list for support you may be signposted to one of our self-guided wellbeing courses to access whilst you wait.

Parents, Carers and Teacher who wish to access the self-guided Supporting an Anxious Teen aged 12-18 years programme can do this by emailing [kernow.connect@actionforchildren.org.uk](mailto:kernow.connect@actionforchildren.org.uk). You will receive an email with instructions and login details for you to access the programme.

