

# Supporting an Anxious Child

This programme by SilverCloud has been designed for you to support your child (**ages 5-11**) in dealing with worries and anxiety, whilst learning strategies to tackle your own anxiety.

The programme incorporates elements of cognitive behavioural therapy (CBT), such as psychoeducation, relaxation and gradual exposure, with the aim of enabling your child to identify their anxiety, and to apply their skills in anxiety-provoking situations.

**Supporting An Anxious Child** consists of eight modules. Complete these in your own time and at your own pace over approximately eight weeks.

These courses are free for parents to access and each module contains engaging content and interactive activities.

## Modules

- Parenting an Anxious Child
- Parenting Positively
- Changing Anxiety
- Problem Solving
- Changing Thoughts
- Facing Fears
- Creating a Plan
- Going Forward

To sign up, please capture the QR code below on your phone or follow this link:

<https://cornwallcyp.silvercloudhealth.com/signup/>



## How it works



**Easy to Access**  
Access programmes anytime on any device.



**Login, Learn & Practice**  
Receive regular feedback from an online supporter.



**Easy to Use**  
82% of people find the programmes easy to use.



**Proven Outcomes**  
It's proven in trials to work as well as face to face therapy.