SilverCloud

> In regards to the programme 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

Space From Anxiety

Online tools to help manage your anxiety

Everyone experiences anxiety, it can play a healthy role in alerting us to problems or challenges.

Our online programme for anxiety in young people provides early access to support, when it's needed.

Space from Anxiety helps you to understand your anxiety and how to manage it. It's easy to use, with tools and activities to help you put what you have learnt into practice.

Content is based on **Cognitive Behavioural Therapy (CBT)** an effective way to manage anxiety.

It's easy to access
Safe, anonymous and accessible, when you need it.

It's supportive
A trained supporter will help you through the programme. They can answer any questions you have.

It works:

87% of young people found it helpful

91% found it interesting

What You Will Learn

Understanding Anxiety
Understand how anxiety affects you and how CBT can help improve your anxiety.

Noticing feelings
Learn about your emotions. Using physical sensations to tune in to your emotions.

Facing your fears
Breaking your fears down into small steps to face them.

Spotting thoughts
Understand how thoughts affect how you feel. Become aware of any negative thinking patterns.

Challenging thoughts
Learn how to generate more balanced thoughts.

Managing worry
See the role that worry plays in your anxiety and learn how to manage worry.

Bringing it all together
Maintain the healthy habits and skills you've learned.

Managing Study and Exam Stress
Learn how to establish a study routine and handle stress around exams.

Getting Active and Eating Well
Learn how to focus on your overall health by eating well and becoming physically active.

Sleeping Better
Understand sleeping difficulties and develop a healthy sleeping routine.

Friendships & Social Groups
Learn how to make and maintain good friendships.

Getting on with your Family
Helps users to understand the impact of self-esteem on their mood and ways to improve their self-esteem.

My Self-Esteem and I
Understand the impact of self-esteem on your mood and ways to improve your self-esteem.

Relaxation
Learn techniques and strategies for relaxation.
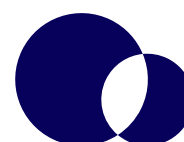
To find out more visit

Calderdale Open Minds website:
https://openmindscamhs.org.uk/silvercloud/

or telephone Open Minds CAMHS

01422 300001

Open Minds
For Children and Young People in Calderdale

SilverCloud is a digital form of mental health support that is recommended by NICE-National Institute for Health and Care Excellence

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