

# Supporting An Anxious Teen

For parents, teachers and carers of children aged 12-18



## What You Will Learn

### Parenting An Anxious Child

Empower you to recognise and focus on the helpful sides of anxiety.

### Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

### Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

### Problem Solving

Learn when to address your child's worries with effective problem solving.

### Changing Thoughts

Promote the use of cognitive restructuring strategies to challenge worries and create more balanced thinking..

### Facing Fears

Facilitate recognition of the importance of children facing their fears, rather than avoiding them.

### Creating A Plan

Supporting you in ongoing anxiety management planning.

### Going Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.



**To find out more visit**

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

**or telephone Open Minds CAMHS**

01422 300001



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