

Supporting an Anxious Teen



An online course for parents,
teachers and carers of
young people aged 12-18

To sign up visit:

www.accesstherapiesfife.scot.nhs.uk

NHS Fife Child and Family Psychology Department

About

Supporting an Anxious Teen

What you will learn ...

Parenting An Anxious Teen

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

Parenting Positively

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

Changing Anxiety

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

Problem Solving

Learn when to address your teen'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 teenagers 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 self-refer:

- a) Go to www.accesstherapies.co.uk
- b) Click on "How can I Access Help Online"
- c) On the dropdown menu, select "Silver Cloud (Wellbeing Self Referral)"
- d) Scroll down to "Condition Specific Sessions" and select "**Supporting an anxious teen**"
- e) Complete the booking form and select "Supporting an anxious teen"

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