



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

Space from anxiety

This online self-guided programme provides education and tools for young people aged 15+ to understand and manage their anxiety. It uses Cognitive Behavioural Therapy (CBT) which is an effective way to reduce anxiety symptoms.

Through the course young people can:

- Learn about CBT.
- 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

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 how to help a young person with 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.

To access the self-guided courses on these programmes, visit: kernowconnect.silvercloudhealth.com/signup or go to our website for more information.

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 Kernow Connect

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