

Parent Anxiety Workshops

What is it?

A two part recorded information session:

Part 1: Understanding Anxiety

<https://vimeo.com/637899585/a4a632bd0c>

Part 2: Supporting Your Child With Anxiety

<https://vimeo.com/637889751/e2d94cf5d5>

How will it help?

The content of the workshop is based on cognitive behavioural therapy (CBT), the recommended treatment for managing anxiety and worries. The information sessions will help you learn more about what anxiety is and how you can support your child to overcome it.

Supporting Children with Anxiety: Computerised CBT

What is it?

An online intervention that you can work through flexibly at your own pace:

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

Access code: Scotland2020

Access to the modules can be done anywhere and at any time on your computer, tablet or mobile phone. You work independently through these. There are two versions for parents, one for children and one for teens.

How will it help?

The modules are based on cognitive behavioural therapy (CBT), the recommended treatment for managing anxiety. The programme aims to help parents and carers who are looking to support their young person in dealing with worry and anxiety, while learning helpful strategies to tackle their own anxiety.

Useful Guides, Websites and Book

CAMHS, NHS Lothian Self Help Guides

Supporting Your Child With Anxiety And Worries

<https://learn.nes.nhs.scot/66800>

Part 1: Understanding and Talking About Worries

Part 2: Anxiety Traps

Part 3: Overcoming Anxiety

Part 4: Looking After Yourself



Relaxation Exercises for Children and Young People

<https://learn.nes.nhs.scot/66801>



Websites

Hands On: <http://handsonscotland.co.uk/>

Anxiety Canada: <https://www.anxietycanada.com/>

Anxiety UK: <https://www.anxietyuk.org.uk>

Family Support Directory | Parent Club: <https://www.parentclub.scot/family-support-directory>

Additional Online Resources from CAMHS NHS

Lothian: <https://weare.nhslothian.scot/camhs/>

Young Minds: <https://www.youngminds.org.uk/>

Wellbeing Lothian:

<https://www.wellbeinglothian.scot/>

Recommended Book

Helping Your Child with Fears and Worries:

A Self help Guide for Parents (2019) by

Cathy Creswell and Lucy Willetts



For more help with anxiety, speak to your GP or school in the first instance.