Resources for Parents and Carers: Anxiety and Worry

Parent Anxiety Workshops

What is it & how will it help?

Six short, recorded information sessions 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.

How do I access it?

1. What is anxiety and when does it become a problem:
https://vimeo.com/943593737?share=copy

2. The CBT model of anxiety – What keeps anxiety going:
https://vimeo.com/943594679?share=copy

3. Supporting your child with anxiety:
https://vimeo.com/943596442/9ab61b8641?share=copy

4. Managing anxiety – Body Tools:
https://vimeo.com/943597579/079e3abff4?share=copy

5. Managing anxiety – Thinking Tools:
https://vimeo.com/943598450/0caa0e20f6?share=copy

6. Managing anxiety – Changing Behaviour:
https://vimeo.com/943599966?share=copy

Supporting Children with Anxiety: Computerised CBT

What is it?

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

How do I access it?

https://cyplothian.silvercloudhealth.com/signup/ Access Code: Lothian

Useful Websites, Books and Guides

NHS Lothian Child and Adolescent Mental Health Services (CAMHS) have a list of online resources available on our website:

https://services.nhslothian.scot/camhs/online-resources-2/

Supporting Your Child with Fears and Worries Guide

This guide developed by CAMHS covers a range of topics around anxiety:

Part 1: Understanding and Talking About Worries
Part 2: Anxiety Traps
Part 3: Overcoming Anxiety
Part 4: Looking After Yourself

Access the whole guide here: https://services.nhslothian.scot/camhs/wp-content/uploads/sites/55/2024/05/Parent-and-Carer-Anxiety-Workbook-CAMHS-V1.0.pdf

Relaxation Exercises for Children and Young People:
https://policyonline.nhslothian.scot/wp-content/uploads/2024/04/Relaxation-Exercises-CAMHS.pdf

Websites

Hands On: www.handsonscotland.co.uk

Anxiety Canada: Online: www.anxietycanada.com

Anxiety UK: www.anxietyuk.org.uk

Family Support Directory:
www.parentclub.scot/family-support-directory

Young Minds:
www.youngminds.org.uk

Books

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.

Visit **Wellbeing Lothian** for more information: https://services.nhslothian.scot/wellbeinglothian/