



Children & Young People Programmes

For Children, Teens, and Caregivers



Supporting an Anxious Child

[EN-GB, EN-US]

This programme has been designed for you to support your child, ages 5 -11, in dealing with worry and anxiety, while learning helpful strategies to tackle your own anxiety.

The programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psychoeducation, relaxation and gradual exposure, with the aim of enabling your child to identify their anxiety, and to apply their skills in anxiety-provoking situations.



Skills & Strategies

You will gain an understanding of how anxiety affects your child, the anxiety cycle, and strategies to help them manage and alleviate these feelings and behaviours.



Positive Communication

Through positive communication techniques, you will learn proactive problem-solving strategies, and better ways to communicate with your child. You will be able to use these skills to help your child develop a more balanced and positive way of thinking, while also teaching them to use graded exposure to face their fears.



Forging Ahead

To ensure these skills lead to lasting results, the programme incorporates preventative strategies like building self-esteem. Your child will also walk away with newly learned relaxation practices and techniques, such as meditation and breathing exercises.



Modules

- Parenting an Anxious Child
- Parenting Positively
- Changing Anxiety
- Problem Solving
- Changing Thoughts
- Facing Fears
- Creating a Plan
- Going Forward



Interactive Tools

Relaxation Activities

Quizzes

My Response Plan

Body Map Exercise

Breathing Exercises

Relaxation Activities

Changing Your Thinking Tools

Facing Fears Ladder

Rewards & Consequences Exercises

Quizzes

Muscle Relaxation

Mental Health disorders in adolescents are on the rise, but often these conditions go untreated.

1 in 6

children experience mental health difficulties including low mood and anxiety.



75%

of children and young people experiencing a mental health difficulty are not getting treatment.²



Supporting an Anxious Teen

[EN-GB, EN-US]

This programme has been designed for you to support your teenager, ages 12 - 18, in dealing with worry and anxiety, while learning helpful strategies to tackle your own anxiety.

The programme incorporates elements of Cognitive Behavioural Therapy (CBT) such as psychoeducation, relaxation and gradual exposure, with the aim of enabling your teen to identify their anxiety, and to apply their skills in anxiety-provoking situations.



Skills & Strategies

You will gain an understanding of how anxiety affects your teenager, the anxiety cycle, and strategies to help your teen manage and alleviate these feelings and behaviours. The programme will encourage you to focus on the positive aspects of anxiety, and to normalise anxiety in conversations with your teen.



Positive Communication

Through positive communication techniques, you will learn proactive problem-solving strategies, and better ways to communicate with your teen. You will be able to use these skills to help them develop a more balanced and positive way of thinking, while also teaching them to use graded exposure to face their fears.



Forging Ahead

To ensure these skills lead to lasting results, the programme incorporates preventative strategies like building self-esteem and proactive problem solving. You and your teen will also walk away with newly learned relaxation practices and techniques, such as meditation and breathing exercise techniques.

Modules

- Parenting an Anxious Teen
- Parenting Positively
- Changing Anxiety
- Problem Solving
- Changing Thoughts
- Facing Fears
- Creating a Plan
- Going Forward



Interactive Tools

Interactive Tools

Relaxation Activities

Quizzes

Body Map Exercise

CBT Cycle

Breathing Exercises

Family Problem Solving Tool

5 Senses Relaxation Activity

Facing Fears Ladder

Muscle Relaxation

Building Self-Esteem Activity

Space from Anxiety for Teens

[EN-GB, EN-US]

Using Cognitive Behaviour Therapy (CBT), you will learn to better understand your thoughts, feelings, and behaviours and how to make positive changes relating to anxiety. The *Space from Anxiety* programme applies the principles of CBT, providing you with psychoeducation, and a range of skill-based strategies - proven to be effective in reducing anxiety symptoms and improving overall quality of life.



Skills & Strategies

You will learn about the anxiety cycle and the associated physical sensations and emotions. You will then gain the tools and techniques to better understand and manage your anxiety. The programme also encourages you to break down and analyse your fears so that you can gradually overcome them.



Balancing Thoughts

Learning about thinking traps will help you to identify your negative, unhelpful, or 'hot thoughts' so you can take action with alternative ways of thinking and helpful self-talk.



Forging Ahead

You will walk away with strategies and techniques to think and feel better in the future. You will have a better understanding of your mood, as well as your triggers and the warning signs of anxiety. You will also be equipped with techniques for preventing a relapse and building a social network to maintain long lasting results

Modules

- Getting Started
- Understanding Anxiety
- Noticing Feelings
- Facing Your Fears
- Spotting Thoughts
- Challenging Thoughts
- Managing Worry
- Bringing it All Together Forward



Interactive Tools

Mood Monitor

CBT Cycle

Worry Tree

Body Scan

Quizzes

Mapping Your Lifestyle

Staying in Present Tools

Muscle Relaxation

Space from Low Mood for Teens

[EN-GB, EN-US]

The *Space from Low Mood for Teens* programme has been designed to relieve the symptoms of low mood by encouraging you to develop more flexible ways of thinking. The programme promotes awareness and understanding of emotions, while highlighting the importance of increasing activity and motivation in your daily life. Using Cognitive Behaviour Therapy (CBT), you will learn to better understand your feelings, as well as how to make positive changes to how you think and feel.



Skills & Strategies



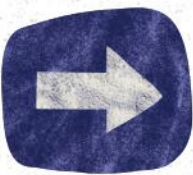
Inactivity and lack of motivation are common issues associated with low mood. Throughout the programme, you will learn how to motivate yourself to engage in enjoyable activities or ones that provide a sense of achievement. You will also learn key strategies for tackling the unpleasant physical feelings associated with low mood.

Balancing Thoughts



Learning about thinking traps will help you to identify your negative, unhelpful, or 'hot thoughts' so you can take action with alternative ways of thinking and helpful self-talk.

Forging Ahead



You will walk away with strategies and techniques for lasting results. You will gain a better understanding of your mood, as well as your triggers, and warning signs of low mood. You will also be equipped with techniques for building a reliable social network and skills to address any setbacks in the future.



Modules

- Getting Started
- Understanding Low Mood
- Noticing Feelings
- Boosting Behaviour
- Spotting Thoughts
- Challenging Thoughts
- Core Beliefs (unlockable by a Supporter)
- Bringing it All Together



Interactive Tools

Mood Monitor

Facing Your Fears

My CBT Cycle

Worry Tree

Staying in the Present

Staying Well Plan

This programme is best suited for teens, ages 15-18.

Space from Low Mood & Anxiety for Teens

[EN-GB, EN-US]

The *Space from Low Mood & Anxiety for Teens* programme has been designed to relieve your symptoms by helping you to identify your negative thoughts and develop more flexible ways of thinking. The programme also encourages you to become aware and better understand your emotions, while increasing activity and motivation in your daily life. Using Cognitive Behavioural Therapy (CBT), you can better understand your thoughts, feelings, and behaviours and learn how to make positive changes relating to low mood and anxiety.



Skills & Strategies



Inactivity and lack of motivation are common issues associated with low mood and anxiety. Through this programme, you will learn to motivate yourself to engage in enjoyable activities or ones that provide a sense of achievement. You will also learn key strategies to tackle the unpleasant physical feelings associated with low mood and anxiety.

Balancing Thoughts



Learning about thinking traps will help you to identify your negative, unhelpful, or 'hot thoughts' so you can take action with alternative ways of thinking and helpful self-talk.

Forging Ahead



You will walk away with strategies and techniques to help you think and feel better in the future. You will have a better understanding of your mood, as well as triggers and warning signs of low mood and anxiety. You will also be equipped with techniques for preventing a relapse, building a social network, and strategies for maintaining long lasting results.

Modules

- Getting Started
- Understanding Low Mood & Anxiety
- Noticing Feelings
- Boosting Behaviour
- Spotting Thoughts
- Challenging Thoughts
- Managing Worry
- Core Beliefs (unlockable by Supporter)
- Facing Your Fears (unlockable by Supporter)
- Bringing it All Together



Interactive Tools

Mood Monitor

Activity Scheduling

My CBT Cycle

My Helpful Thoughts

Staying in the Present

Worry Tree

This programme is best suited for teens, ages 15-18.



With Cognitive Behaviour Therapy (CBT), you will better understand your thoughts, feelings, and behaviours and learn how to make positive changes - proven to reduce symptoms and better manage your mental health and wellbeing. You will walk away with the tools to better manage your mental health now and in the future.



Supported Programme

Throughout this programme you will work with one of our expert supporters to personalise your experience, helping you to reach your goals by providing weekly encouragement and ongoing motivation.



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<https://www.compass-uk.org/compass-go-silvercloud/>