



BB

In regards to the programme I've learned everything I needed to know in terms of my mental health. I'm now having a fresh start and feel better about everything. I wanted to say thank you for all of your help, I truly appreciate it.

SilverCloud Young Person User

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Space from Anxiety

Online mental health support for children and young people

Over half of all mental health issues start before the age of 14, with 75 percent by 24 years of age.

Our online programme for anxiety in young people provides early access to support, when it's needed.

What is it?

The programme provides education and tools for young people to understand and manage their anxiety. Content is based on **Cognitive Behavioural Therapy (CBT)** an effective way to reduce anxiety symptoms.

It's easy to access

Accessible online, when it's needed. Young people work through content at their own pace.

It's supportive

A human supporter guides the young person through the programme, answering any questions they have.

It works

87%

of young people found it helpful.

91%

found it interesting.

