Resources for Parents and Carers: Anxiety and Worry

NHS Lothian

Parent Anxiety Workshops

What is it?

A two part recorded information session:

- Part 1: Understanding Anxiety
- Part 2: Supporting Your Child With Anxiety

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.

How do I access it?

Click the links above or visit
Part 1: https://vimeo.com/637899585/a4a632bd0c
Part 2: https://vimeo.com/637889751/e2d94cf5d5

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 Apps

Websites

Hands On: http://handsonscotland.co.uk/
Anxiety Canada: Online: https://www.anxietycanada.com/
Anxiety UK: https://www.anxietyuk.org.uk/
For Covid-19 specific resources visit:
NHS Lothian's CAMHS COVID-19 Resources (nhslothian.scot)

Apps for 16+

For Sleep: Sleepio: www.sleepio.com/nhs
For Anxiety: Daylight: www.trydaylight.com/nhs

Books

Helping Your Child with Fears and Worries: A Self-help Guide for Parents (2019) by Cathy Creswell and Lucy Willetts
The Huge Bag of Worries (2004) by Virginia Ironside
How to Stop Worrying (2009) by Frank Tallis

Additional Websites:
Family Support Directory | Parent Club
Additional Online Resources from CAMHS NHS Lothian
Young Minds, a UK charity supporting young people's mental health
For more help with anxiety, speak to your GP or school in the first instance.

Visit Wellbeing Lothian for more information on your mental health and well-being