

NHS Wales Digital Mental Health Support for Young People, Parents and Carers

1 in 6 young people have a diagnosable mental health condition.

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

Our free online programmes for young people, their parents and carers provide early access to mental health support when it's needed.

What are SilverCloud® programmes?

Online guided self-help programmes provide education and tools for young people and those supporting them to understand and manage anxiety and low mood. Programmes use Cognitive Behavioural Therapy (CBT) techniques, which encourage young people to challenge their thoughts, feelings and behaviours.

Access anytime, anywhere

Sign up for free online. It's available 24 hours a day, 7 days a week. Work at your own pace.

Online support with a human touch

A human supporter guides the young person or their carer through the programme, providing regular feedback via online message.

It works

91%
found it
interesting

87% of
young people said
it was helpful

“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 User

Sign up: nhs.wales.silvercloudhealth.com/signup



Supporting an anxious child

For parents and carers of children aged 4-11

What you will learn...



Parenting an anxious child

Empowering you to recognise and focus on the helpful sides of anxiety.

Changing thoughts

Learn strategies to challenge worries and create more balanced thinking.

Parenting positively

Learn how to respond more positively when your child is experiencing anxiety.

Facing fears

Recognising the importance of children facing their fears, rather than avoiding them.

Changing anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

Creating a plan

Supporting you in ongoing anxiety management planning with your child.

Problem solving

Learn when to address your child's worries with effective problem solving.

Going forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.

Supporting an anxious teen

For parents and carers of young people aged 12-18

What you will learn...

Parenting an anxious teen

Empowers you to recognise and focus on the helpful sides of anxiety.

Changing thoughts

Learn how the use of externalization unites you and your child against anxiety.

Parenting positively

Learn how to respond more positively when your child is experiencing anxiety.

Facing fears

Recognising of the importance of teenagers facing their fears, rather than avoiding them.

Changing anxiety

Learn how to use key CBT skills to help your teen make changes which reduce their anxiety.

Creating a plan

Supporting you and your teen in ongoing anxiety management planning.

Problem solving

Learn how to facilitate positive communication channels between parent and child.

Going forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.



Space from anxiety

For young people aged 16-18

What you will learn...



Getting started

Learn about Cognitive Behavioural Therapy (CBT)

Understanding anxiety

Understand how anxiety affects young people and use CBT to help manage symptoms

Noticing feelings

Learn about emotions and what impacts them.

Facing your fears

Breaking fears down into small steps in order to face them.

Spotting thoughts

Understand how thoughts affect feelings and become aware of any negative thinking patterns.

Challenging thoughts

Learn how to have more balanced thoughts and tackle negative thinking.

Managing worry

See the role that worry plays in anxiety and learn how to manage worry.

Bringing it all together

Reflecting on all the skills learnt so far.



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Space from low mood

For young people aged 16-18

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What you will learn...

Understanding low mood

Learn how low mood can impact you and how CBT can help.

Noticing feelings

Learn about emotions and what impacts them

Boosting behaviour

Looking at new ways to move from being stuck to positive action.

Spotting thoughts

Understand how thoughts affect feelings and become aware of any negative thinking patterns.

Challenging thoughts

Learn how to have more balanced thoughts and tackle negative thinking.

Bringing it all together

Reflecting on all the skills learnt so far.

Space from low mood and anxiety

For young people aged 16-18

What you will learn...

Understanding low mood and anxiety

Understand low mood and anxiety and find out how CBT can help

Noticing feelings

Learn about emotions and what impacts them

Boosting behaviour

Looking at new ways to move from being stuck to positive action.

Spotting thoughts

Understand how thoughts affect feelings and become aware of any negative thinking patterns.

Challenging thoughts

Learn how to have more balanced thoughts and tackle negative thinking.

Managing worry

See the role that worry plays in anxiety and learn how to manage worry.

Facing your fears

Breaking fears down into small steps in order to face them.

Bringing it all together

Reflecting on all the skills learnt so far.



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