

Help your child manage anxiety and thrive



NHS online mental health support for young people, parents and carers.

If your child is experiencing symptoms of anxiety or low mood, they are not alone. As a parent or carer trying to support them, help is here for you.

Parents can sign up for a free, online guided self-help programme to support children and young people aged 4-18 with mild-to-moderate anxiety.

Teens aged 16-18 can also sign up for their own free programme independently of a parent.

Programmes use techniques from Cognitive Behavioural Therapy (CBT) which can help young people manage anxiety by encouraging them to understand how they think, feel and behave.

Helping you help them

Programmes feature tools and activities to try at home.

Access anytime, anywhere

Sign up online without a GP referral. Access your programme 24/7.

Go at your own pace

Complete at your own pace over 12 weeks. For best results, use your programme 15-20 mins per day, 3 - 4 times a week.

Online support with a human touch

Your SilverCloud® Supporter will review your progress and check in with you every two weeks via online message to provide feedback.

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