

# RESOURCES FOR PARENTS AND CARERS: ANXIETY AND WORRY

## 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 \(nhslothian.scot\)](https://www.nhs.uk/covid-19/resources)

### Apps for 16+

For Sleep: [Sleepio: www.sleepio.com/nhs](https://www.sleepio.com/nhs)

For Anxiety: [Daylight: www.trydaylight.com/nhs](https://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

**VISIT  
WELLBEING  
LOTHIAN FOR MORE  
INFORMATION ON YOUR  
MENTAL HEALTH AND  
WELL-BEING**

### 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.