

SilverCloud for Helping Children and Teens

TWO NEW ONLINE COURSES FOR PARENTS AND CARERS, DESIGNED TO HELP YOU HELP THE PEOPLE YOU LOVE

NHS Grampian are delighted to offer two new free online programmes from our partners SilverCloud: **Supporting an Anxious Child** and **Supporting an Anxious Teen**. Using tried-and-tested, evidence-based approaches, both courses have been designed by experts to help parents, carers and teachers — or any adults in a caring role — to support children and young people who are struggling with anxiety.

Both courses are available right here:

Silvercloud – supporting a Child or Young Person

<https://cypgrampian.silvercloudhealth.com/signup/>

ACCESS CODE: Grampian

Notes

Please note these sign-up arrangements are for **persons residing in the NHS Grampian area only**, there are separate sign-up arrangements in other Scottish Health Boards **so please do not post them on any public websites and so on.**

Parents and carers can choose the modules to support an anxious teen OR child, if they require access to both modules, they will simply need to choose a different username for each module.

Contact details

If you require further information on any of the above please contact Paul Toseland, cCBT/ Beating the Blues Coordinator, NHS Grampian. Email gram.btb@nhs.scot