



## Space from Anxiety for Teenagers Information and Referral Form

This intervention is designed for young people who:

- are 15+ (**Young people under 15 can be referred if the referrer thinks they will be able to engage with the resources**)
- are experiencing difficulties with anxiety and are willing and able to engage with the material and adopt a self-help approach (i.e. motivated, resilient, resourceful).

### Exclusion criteria:

- where a 1:1 psychological approach to therapy would be more appropriate
- where there are current concerns about self-harm or suicidal ideation
- where there are significant levels of mental health difficulties that would inhibit them from accessing materials

Space from Anxiety for Teenagers is an online CBT therapy course specifically designed to help teenagers aged 15-18 to make positive changes and reduce symptoms of anxiety.

### Core Modules

- **Understanding Anxiety** - Understand how anxiety affects you and use CBT to manage your symptoms.
- **Noticing Feelings** - Learn about emotions and what impacts them. Use physical sensations to tune in to your emotions.
- **Facing Your Fears** - Break your fears down into small steps in order to face them, using a CBT technique called 'graded exposure'.
- **Spotting Thoughts** - Understand how your thoughts affect how you feel and become aware of any negative thinking patterns.
- **Challenging Thoughts** - Learn how to generate more balanced thoughts and tackle negative thinking patterns.
- **Managing Worry** - See the role that worry plays in anxiety and learn how to manage your worry.
- **Bringing It All Together** - In this final module you can bring together all the skills you have learned, and the ideas you have gathered so far.

If you would like to make a referral, please complete the referral form and return to:

- [fife.psychologysilvercloud@nhs.scot](mailto:fife.psychologysilvercloud@nhs.scot).
- Please note we only accept electronic copies of referrals
- Please feel free to contact Caroline Hollinsworth ([caroline.hollinsworth@nhs.scot](mailto:caroline.hollinsworth@nhs.scot)) if you would like further information.