

MHST INTERVENTIONS FOR PARENTS OF CHILDREN WITH ANXIETY

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about the interventions [HERE](#)

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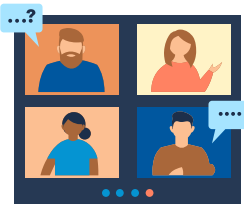
CWP NHS deliver
a series of FREE
group
interventions for
parents.
Delivered by
qualified mental
health
practitioners

Fear Less - for parents of children with moderate anxiety

For parents/carers of children aged 6 to 14 years. Fear Less is an evidence based intervention delivered face to face or online for 2 hours every week for 6 weeks. You will learn about anxiety, how to encourage your child's coping skills, build problems solving skills and gain confidence as a parent to support your child.



Timid to Tiger - for parents of children with mild anxiety and behaviour difficulties



For parents/carers of children aged 5 to 11 years. Timid to Tiger is based on cognitive behavioural therapy (CBT) and is delivered face to face or online for 2 hours every week for 9 weeks. You will learn how to manage your child's anxiety by creating a clear, calm, and consistent environment as well as techniques to help children build confidence and cope with fears and worries.

OSI - for parents of children with mild anxiety

For parents/carers of children aged 5 to 12 years. OSI is based on cognitive behavioural therapy (CBT) and is self directed learning online weekly for 7 weeks supported by a weekly 20 minute telephone call with a mental health practitioner to help tailor the experience to your child's difficulties.



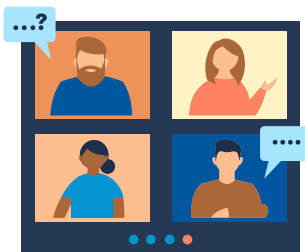
*Supportive, friendly
& non-judgemental*

OTHER MHST INTERVENTIONS FOR PARENTS

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about the interventions [HERE](#)

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Guided Self Help for Positive Behaviour - for parents of children with mild to moderate behaviour difficulties



For parents/carers of children aged 2 to 9 years. Parenting for Positive Behaviour is an evidence based intervention delivered face to face or online for 2 hours every week for 8 weeks. You will learn about how to encourage better behaviour at home. You will explore how to do this through play, special time, praise and reward as well as other techniques. These techniques will help your child's behaviour and help you to gain confidence as a parent to support your child. This is delivered both face to face and online.

Riding the Rapids - for parents of children who are autistic or on the pathway for assessment

This therapeutic intervention aims to help parents to understand and support their child's wellbeing, reduce stress, distress and distress related behaviours. You will be able to develop effective strategies to support your child and increase their own coping skills and confidence. The intervention takes place for 2 hours a week for 10 weeks face to face only. There is a primary and secondary age group available.



OR

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