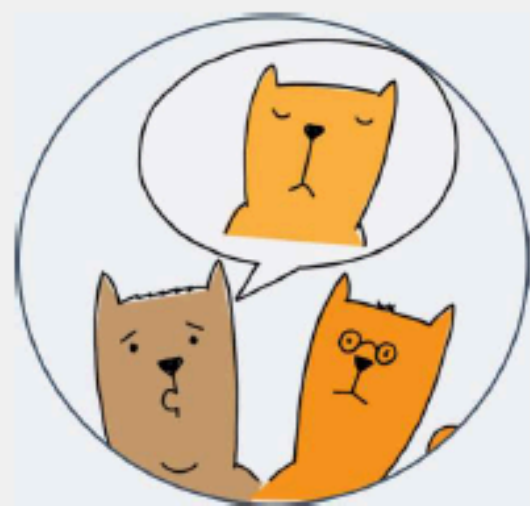


MHST deliver this **online** therapist supported, parent-led CBT treatment for children aged (5 to 12 years) with **anxiety difficulties**. Please speak to your schools **Mental Health Lead** to be referred for this programme.

## WHAT IS ONLINE SUPPORT AND INTERVENTION(OSI)?

### PARENT-LED PROGRAMME

We'll work with you not your child! We believe you're the expert when it comes to your child - you know how your child may respond to different things and understand how to encourage your child to face their fears!



### WHAT HAPPENS IN THE PROGRAMME?

Across seven modules you'll learn different techniques to help with your child's anxiety. Alongside each online module you'll be supported with a 20 minute call with a Wellbeing Practitioner to help tailor the content to your child's experience.

### WHO MIGHT BENEFIT?

Things that families have used OSI for include but aren't limited to:

- school worries
- bedtime fears
- specific worries/phobias e.g., spiders
- building confidence
- increasing independence



### WHAT YOU'LL LEARN

The modules deliver bite-sized content on identifying worries, overcoming fears, building independence and problem solving!

## WHY ONLINE SUPPORT AND INTERVENTION (OSI)?



### IT'S FLEXIBLE!

Working online is flexible around busy lives. Information can be accessed on a smart phone, tablet or computer. You can choose whether to work through the information in one go, or in short bursts around your other commitments.

### WORKING TOGETHER!

OSI has the option for two parents/carers to be involved in treatment. Your Wellbeing Practitioner can set up an 'observer' account for a second parent/carer so that they can see all of the information and online content too.



### IT'S EASY!

OSI has been developed with parents/carers and children so that it is suitable for families. Information is presented in clear, simple language, with optional videos and quizzes. You can also listen to audio clips of the information if you prefer!