

Subject: Resources For Parents And Carers On Managing Anxiety

Dear All,

Attached is an **updated** poster with links to resources for parents and carers on managing anxiety. You can also find all the resources on the CAMHS NHS Lothian website - [Online Resources \(nhslothian.scot\)](https://www.nhs.uk/lothian-nhs/camhs/online-resources)

New Resources include:

- A [relaxation booklet for children](#) (attached)
- [Self Help Guide for parents](#) on supporting their child with anxiety

As before it also links to:

- It includes access to [recorded information sessions - Parent's Anxiety Workshop](#). These are also available in BSL.
- We have access to [Computerised CBT for parents on Supporting their Child/Teen with Anxiety](#) via the platform Silvercloud– this is free to sign up using the access code and is unsupported.
To date over 200 parents have signed up since December 2021.
- The poster highlights some great apps which are available for free across NHS Scotland through Big Health – [Sleepio - CBT for insomnia](#), and [Daylight – CBT for anxiety](#). However, these are recommended for 18+.
- The poster also links to the adult mental health website - [Home - Wellbeing Lothian](#)

Please get in touch with someone from the TIPS-EIC/LIAM team (TIPS-EIC@nhslothian.scot.nhs.uk) if you would like more information or have any questions. Please note we are unable to email parents and carers directly.

Best Wishes,
Gemma

On Behalf of TIPS-EIC Team