



## We are launching new Guided Digital Self-Care Programmes

We are delighted to let you know about our new Guided Digital Self-Care Programmes delivered via the SilverCloud platform. These digital programmes are built in conjunction with leading clinical and subject experts. The aim of these programmes is to empower young people to think and feel better and to apply the given techniques in their day-to-day lives.

Our programmes are aimed at children and young people as well as parents and carers, to help them better understand anxiety and to minimise the distress often associated with it. The programmes are grounded in the principles of Cognitive Behavioural Therapy, incorporate mindfulness practice ideologies and are specifically designed to assist in managing anxiety.

We have included a poster for your school and an information leaflet which has more detail in it. We would be very grateful if you could put the poster up and share the information about our new services with your teachers, counsellors and students. As a principal, teacher and counsellor, you can refer a young person or parent/carer to our programmes.

At Childline, we are here to listen, support and empower children. With the support of our funders, the National Office of Suicide Prevention and the Community Foundation, we are delighted to extend our reach to all of Ireland's children in an accessible and relevant way.

If you are interested in finding out more about the service as well as possible referrals of young people and parents/carers who may benefit from these programmes, please feel free to get in touch.

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