Parents and Carers

SilverCloud's online parent and carer programmes are tailored for parents /carers of children and young people aged 8-18 years old. The programmes are evidence based and built around Cognitive Behavioural Therapy (CBT), building up knowledge and resilience and positive psychology. They can be completed self-assisted or just ask a professional you are working with to look and talk you through how to get started.

Programmes available on SilverCloud:

- Supporting An Anxious Child
- Supporting An Anxious Teen

These self-help programmes will support you in understanding your child's anxiety and give you tools to help your child manage their feelings and worries.
If you would like to sign up to SilverCloud parent/carer programmes please take a look at:
https://salfordparentsandyoungpeople.silvercloudhealth.com

Youth Hub
Salford City Council

Salford Family Partnership