

The Early Intervention team at CAMHS have added two new **Anxiety Resources** to help parents support their child or teenager, the new leaflet is attached. You can also find all the resources on the CAMHS NHS Lothian website - [Online Resources \(nhslothian.scot\)](https://www.nhs.uk/lothian) Please share this information widely with parents and carers.

**New Resources include:**

[A relaxation booklet for children](#)

**And a Self Help Guide for parents on supporting their child with anxiety**

**Part 1 :** [Understanding and Talking about worries](#)

**Part 2 :** [Anxiety Traps](#)

**Part 3 :** [Overcoming Anxiety](#)

**Part 4 :** [Looking After Yourself and Further information](#)

These are added to the previously available resources which were developed by CAMHS and Psychological Services:

**Parent's Anxiety Workshops** Recorded information sessions. These are also available in BSL.

Part 1: Understanding Anxiety <https://vimeo.com/637899585/a4a632bd0c>

Part 2: Supporting your child with anxiety <https://vimeo.com/637889751/e2d94cf5d5>

**Computerised CBT for parents on Supporting their Child/Teen with Anxiety** a module course you can work through at your own pace via the platform Silvercloud at <https://cyplothian.silvercloudhealth.com/signup/> this is free to sign up using the **Access code: Lothian**

The flyer also highlights some useful websites and resources and links to the adult mental health website [Home - Wellbeing Lothian](#)