mind
for better mental health

Carlisle Eden

Our Mission

At Carlisle Eden Mind is to provide support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Our Aim

We won't give up until everyone experiencing a mental health problem gets both support and respect.
Our vision underpins everything we do.

CONTACT US

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Families in Mind

Providing psychological strategies to support parents/guardians of teens experiencing anxiety

Who is the service for?

Simply, if you are a parent or guardian of a young person aged 12-18, and you are looking to support them to deal with worry and anxiety, this service is for your family.

It can also help you to learn helpful strategies to support your own mental health and wellbeing. Which is important when you are supporting a young person experiencing anxiety.

What is it?

Supporting an Anxious Teen is a flexibly accessed, interactive, guided self-help online program for parents/guardians to support a young person experiencing anxiety or worry.

Content is based on Cognitive Behavioural Therapy (CBT) an effective way to reduce anxiety symptoms.

It shares education, tools and activities to help you as a parent/guardian support your child, delivered in a safe and confidential space. The programme is accessible 24/7, allowing you to access the programme at a time that suits you and from the comfort of your own home.

Free & Easy to access

Once we have received a request form we will send you a sign up link to access the online program.
After sign up you can make a start immediately, working through the program at your own pace and gaining support.

What is Anxiety?

Anxiety is a normal human experience and everyone who is alive experiences some level of anxiety. When anxiety becomes so strong that it gets in the way of daily life, it is considered to be an 'anxiety disorder'.
It is estimated that 1 in 8 children (12%) in England is living with a mental health problem

What is Cognitive Behavioural Therapy CBT

Cognitive behavioural therapy is proven to be effective for childhood and teenage anxiety.
CBT incorporates psychoeducation, relaxation and gradual exposure, with the aim of enabling children to identify their anxiety, and to apply their skills to gradually face anxiety-provoking situations.
Problem solving is another important component of CBT for anxiety and is a major area of focus in this program.

How to access the program

Simply visit www.cemind.org and see our Children & Young person section. Download the request form and send it to us or contact us for guidance and more information.

New Programme:
Supporting A Teen Experiencing Anxiety

For parents, teachers and carers of children aged 12-18

Parenting An Anxious Teen

Empower you to recognise and focus on the helpful sides of anxiety.

Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety

Problem Solving

Learn how to facilitate positive communication channels between parent and child.

Changing Thoughts

Learn how the use of externalization unites you and your child against the common enemy of anxiety.

Facing Fears

Facilitate recognition of the importance of teenagers facing their fears, rather than avoiding them.

Creating A Plan

Supporting you in ongoing anxiety management planning

Going Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.

Taking Care of You!

As this program is independent it is important to consider and take care of yourself during reflecting and learning on the program. At times supporting a child experiencing anxiety can feel very hard, overwhelming and can be lonely. We would like you to also consider being kind to yourself too.

Please take a moment to consider who you could ask to offer you some support if you feel you need to talk to someone about how you may be feeling. This could be a partner, friend, family member or even a colleague. If you feel able to share with them that you you have signed up to the program and ask for their support and encouragement to complete the program.

Please remember to take time for yourself, we know this can be tricky when juggling family life. But it is important to the whole family that you also ensure you are well too. Taking time out for you also sets a great example to other family members, including your child that self care is important.

Grab 10 minutes and

- **Go for a walk/run**
- **Talk to a friend**
- **Take a bath**
- **Read the paper or book**
- **Do one of the exercises on the program just for you**

Important

Families in Mind is not a crisis service and **does not provide a 24hrs real-time response**

If a immediate or real-time response is required:

In an emergency –

If you or someone else has seriously injured themselves, taken an overdose or are on the point of doing so Call 999 or Go directly to A&E

If it's not a 999 emergency but you do need help fast you can:

- Contact you GP and ask the GP practice for an urgent appointment during opening hours.
- Speak to those you trust and let someone know how you are feeling.
- If they are experiencing a mental health crisis, text Shout to 85258 it is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.