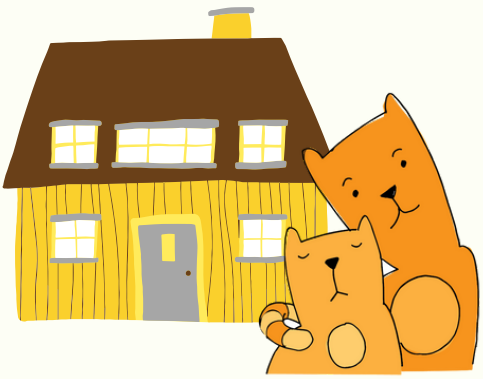


Online Support and Intervention for Child Anxiety



WHAT IS OSI?

Online Support and Intervention (OSI) is a short, practitioner-supported programme that helps parents support their child with fears, worries and anxiety. It was developed based on high-quality research from experts in child anxiety at the Universities of Reading and Oxford, with the help of parents, children and practitioners.

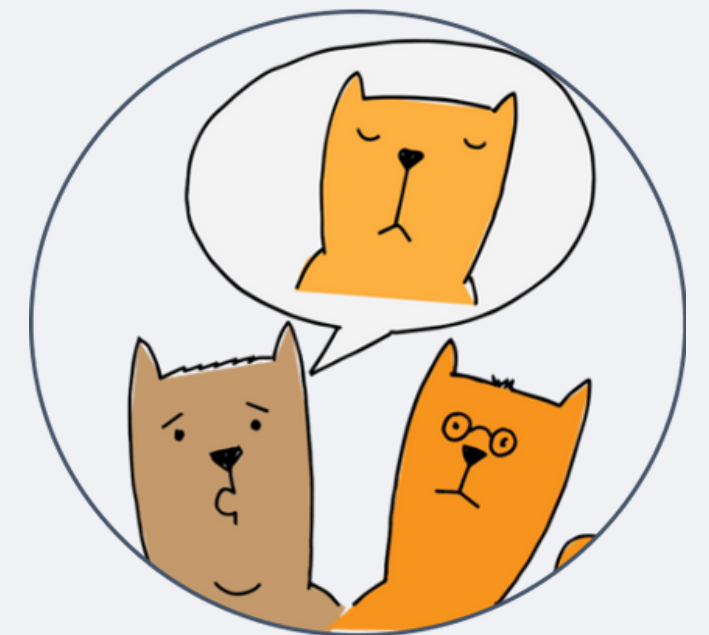


OSI IS PARENT-LED

We'll work with you, not your child! We believe you're the expert when it comes to your child - you know how your child may respond to different things and understand how to encourage your child to face their fears!

WHAT HAPPENS IN OSI?

- **7 weekly online modules** where you learn different techniques to help with your child's anxiety. Each module takes about 20-30 minutes.
- **7 weekly short telephone calls** with a Wellbeing Practitioner to help parents/carers to apply the strategies they learn with their own child and address any questions that arise. Each call takes about 20 minutes.
- A **follow-up module and phone call** about a month later.
- **Quick surveys** to help us track of your child's progress so we can easily see if OSI is helping.
- An **optional game app** to motivate children to give strategies a try with their parent/carer.



WHO MIGHT BENEFIT?

Things that families have used OSI for include but aren't limited to:

SCHOOL WORRIES

BEDTIME FEARS

BUILDING CONFIDENCE

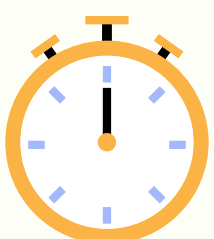
INCREASING INDEPENDENCE

SPECIFIC WORRIES/PHOBIAS (E.G. SPIDERS)

WHY OSI?

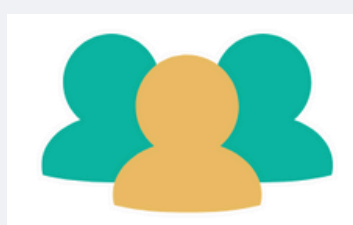
IT'S FLEXIBLE!

Working online is flexible around busy lives. Information can be accessed on a smart phone, tablet or computer. You can choose whether to work through the information in one go, or in short bursts around your other commitments.



WORKING TOGETHER!

OSI has the option for two parents/carers to be involved. Your Wellbeing Practitioner can set up an 'observer' account for a second parent/carer so that they can see all of the information and online content too.



IT'S EASY!

OSI has been developed with parents/carers and children so that it is suitable for families. Information is presented in clear, simple language, with optional videos and quizzes. You can also listen to audio clips of the information if you prefer!



If OSI would be helpful for you and your child, but taking part would be difficult (e.g. due to limited technology/internet access, or for any other reason), we will work with you to consider ways you can still get involved.