

# Spiral - preventing the effects

On-line Support



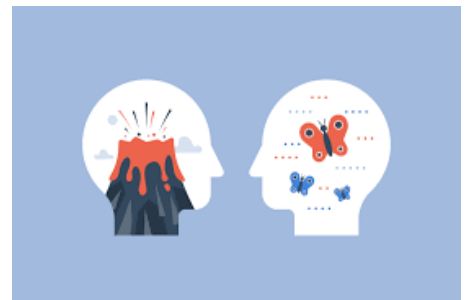
1-2-1 support provided to young people age 8-25, guardians can also access this support with their child to find out how to support them at home. The support is offered to young people across Cumbria. To access the service or to find out more contact Maryann or Alison, all you need is an electronic device. The support can last from 1-4 weeks depending on what you want!

FREE 20-minute downloadable video on anxiety available. Email for further information.

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The support is for:

- Increased anger
- Low mood
- Anxious
- Worried about being around peers
- Worrying about going back into education

How we can help:

- Learn techniques to reduce anger and anxiety
- Regulate difficult emotions
- Use focusing to clarify thoughts and feelings

Outcomes:

- More self-control
- View situations differently
- Strategies to regulate difficult emotions
- Clearer thinking

## Funders

Cumbria County Council, Cumbria PCC, Cumbria Community Foundation, Aviva, Asda

