

OSI - ONLINE SUPPORT FOR PARENTS AROUND CHILDHOOD ANXIETY



OSI (Online Support and Intervention) is an online platform designed to help parents to learn tools and techniques to help their child (aged 5 to 12 years old) to overcome difficulties with anxiety.

Parents work through weekly online modules that contain videos, quizzes, and interactive worksheets. Parents are also supported by a weekly telephone/videocall appointment with a practitioner.

You can access OSI at a convenient time for you using any electronic device!



We are kind.



We are respectful.



We work together with our communities.

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FEEDBACK FROM PARENTS/CARERS

"My son's anxiety has noticeably declined, and I feel much more confident...we worked together on a specific goal and I have to say it was life changing. I even used it for my daughter about a fear she had and again, I can say that it worked for her too."

"It has been tremendously worthwhile for us, and I have a happier child now as a result."

HOW TO ACCESS OSI:

If your child attends one of our schools and you feel OSI would be helpful for you and your child, please scan the QR code which will take you to our website and the OSI self-referral form.



Alternatively, if you would like to discuss this further with someone or would like to consider alternative support, please speak with the Senior Mental Health Lead in your child's school.



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