



## 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!






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CHILDHOOD ANXIETY**

**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.”

**GET IN TOUCH:**



**Scan the QR code for more information on OSI.**

If your child attends one of our schools, and you are interested in learning more about OSI and whether this is the right support for you, please email our team at:

**[EWTandESTenquiries@nelft.nhs.uk](mailto:EWTandESTenquiries@nelft.nhs.uk)**