



Digital Interventions Service within Psychology at NHS Dumfries & Galloway



The Digital Interventions Service within NHS Dumfries and Galloway's Psychology Department are delighted to share the SilverCloud Parent and Carer Programmes.

With demand remaining high for mental health support, the SilverCloud digital programmes help the adults who care for children/teenagers with anxiety/ADHD understand what they are experiencing and how to support them more effectively.

There are three programmes available:

- Supporting an Anxious Child
- Supporting an Anxious Teen

Can be found [here](#).

- [Supporting a Child with ADHD](#)

These programmes are free and instantly available for parents and carers to use by following this link <https://wellbeing.silvercloudhealth.com/signup/> and using access code **Scotland 2020**

Promotional materials for the programmes are also available which includes QR codes to the platform. We would really appreciate if these resources, the joining link and access code could be added to your websites and other relevant spaces to help increase engagement with this free, instant and effective support resource.

For further information please contact the Digital Interventions Service
at **dg.digitalinterventions@nhs.scot**