



Online Support  
and Intervention  
for Child Anxiety



NHS Foundation Trust

Being away from caregivers

General worries

School worries

**DOES YOUR CHILD HAVE PROBLEMS  
WITH ANXIETY?**

Bedtime fears

& more

Social worries

Phobias (e.g. spiders, dogs, injections)

**OSI COULD HELP YOU**

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!



**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 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.



Best care by the best people

