



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

Social worries

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

& more

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!



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

