



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

**Currently available until the end of December 2023.**

