



EMOTIONAL HEALTH & WELLBEING **COGNITIVE BEHAVIOURAL INTERVENTION** for children and young people.

CANW have been working therapeutically with children and young people across Lancashire. We are an established provider of mental health services and have a team of professional, experienced and accredited practitioners.

What is CBT?

Cognitive Behavioural Therapy can help children and young people to understand the link between thoughts and feelings that influence behaviours. CBT is an evidence based approach that helps young people to replace negative thoughts and behaviours with more realistic positive ones and can help to reduce symptoms which may be impacting on their emotional health and wellbeing.

CALL TODAY ON
01254 692709
www.canw.org.uk

Registered Charity No: 222533

What can CBT help with?

CBT has been proven to be successful in helping children and young people to overcome symptoms of;

- Anxiety
- Low Mood
- Phobia
- Low self-esteem and confidence
- Negative mood management i.e. anger
- Stress

Children and young people do not need to have a diagnosed disorder to benefit from a CBT intervention.



What we offer:

1-1 weekly sessions with a child or young person based in school or a community venue, working with the child/young person to understand their difficulties and emotions, agreeing an action plan and supporting them to identify and challenge negative thinking or behaviour patterns.

The child or young person will build up a 'toolkit' of interventions that they will be familiar and comfortable to practice both during and after the intervention, building:

- resilience
- self-confidence
- self-esteem
- enabling them to achieve their potential.

For more information

If you would like a referral form or further information please contact us:

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