



Does your child have problems with anxiety?

- Bedtime fears
- School worries
- Being away from caregivers
- Social worries
- Phobias (e.g. spiders, dogs)
- And more

OSI could help you

OSI (Online Support and Intervention) is an online platform designed to help parents and carers to learn tools and techniques to help their child (aged 5 to 12 years old) to overcome difficulties with anxiety.

Parents and carers work through weekly online modules that contain videos, quizzes, and interactive worksheets. Parents and carers are also supported by a weekly telephone/videocall appointment with a clinician.

You can access OSI at a convenient time for you using any electronic device!



Your paragraph text

Get in touch :

OSI is being delivered by Leicestershire Partnership NHS MHST Mental Health Support Teams in Schools (MHST).

For further information, please discuss with your school's senior mental health lead.