

# OSCA - ONLINE SOCIAL ANXIETY COGNITIVE THERAPY FOR ADOLESCENTS

Do you worry about others judging you?

Do you avoid social activities such as parties?

Do you worry about everyday activities, such as starting conversations?

## SOCIAL ANXIETY

Do you experience physical symptoms, such as trembling, sweating or palpitations?

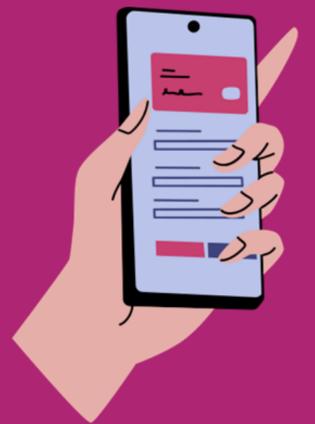
Do you have a fear of doing something embarrassing such as blushing?

## WHAT IS OSCA?

OSCA is an online programme for 13-18 year olds which combines therapist sessions with access to therapy modules, developed by experts.

It includes:

- Personalised understanding of your difficulties
- Interactive tasks
- Videos
- Exercises to try out
- Weekly video or telephone calls with your therapist



## HOW TO ACCESS OSCA

If you attend one of our schools and you feel OSCA would be helpful for you, please email:

[ewtandestenquiries@nelft.nhs.uk](mailto:ewtandestenquiries@nelft.nhs.uk)

The Emotional Wellbeing/Support Team will be in touch to help you to explore whether OSCA is right for you.

For more information on OSCA, please see our video on YouTube: <https://youtu.be/bjlf669IDdc>



We are kind.



We are respectful.



We work together with our communities.