CRANSTOUN
ROUTES - DUDLEY

CBT Support for Young People with **Reflexions!**

Anxiety Management Group

What is the group about?

- To help young people understand the cycle of worry, become familiar with CBT and establish goals.
- Learn about anxiety and how this can be managed.
- To understand how worrying can affect us.
- To be able to identify and manage the different types of worry.
- To learn and embed evidence based CBT strategies for when we feel worried.
- Provide relaxation, distraction activities and problem solving techniques.
- Provide staying well session and therapeutic ending.

Group Details

📍 **Cranstoun ROUTES (Merry Hill)**
🕐 Wednesdays, 12–1pm
📅 6 weekly sessions
Parent Group 1:30pm -2:30pm

*Sessions will begin on Wednesday 7th January 2026 *

Who may Benefit?

Young people who:

- Worry often or feel overwhelmed
- Avoid things due to anxiety
- Would benefit from group coping skills

How to Refer

1. Speak to your school's Mental Health Lead as a first step to discuss a referral to Reflexions.
2. Once referral has been discussed and submitted, an assessment will be arranged, parents will contacted.
3. All assessments will take place outside school at Routes Cranstoun (Merry Hill)
4. Once an assessment has been completed and deemed suitable - group details will shared.

Parent & Carer Support

Parent & Carer drop-in is available at ROUTES Cranstoun (Merry Hill) Wednesdays, 2:45–5pm

This offers:

- Guidance on supporting their young person
- A space to ask questions
- Signposting to further services