



# Has your child or teen been feeling worried, stressed, sad or lonely recently?

If yes, this research project may be of interest to you.

We know that the pandemic has had a significant impact on the emotional wellbeing of young people. We want to find out whether a **FREE 30-MINUTE ONLINE PROGRAMME** can improve how young people feel and help them cope with difficult emotions and stressful situations.

## Who is this for?

**8 - 16 year-olds** who have been feeling stressed recently or who are struggling with symptoms of low mood or anxiety.

### What will taking part involve?

- > Both you and your child will be asked to complete some online questionnaires
- > Your child will be given access to one of two online programmes to complete
- > Taking part will take about 15 minutes for parents and 45 minutes for young people
- > Upon completion enter a prize draw to win 1 of 4 £25 Amazon Vouchers



To find out more please go to [bit.ly/32Me1Zi](https://bit.ly/32Me1Zi) or contact [Harriet.Clarkson.2018@live.rhul.ac.uk](mailto:Harriet.Clarkson.2018@live.rhul.ac.uk)

This research has been approved by the Royal Holloway,  
University of London Ethics Committee

