

OSCA - ONLINE SOCIAL ANXIETY COGNITIVE THERAPY FOR ADOLESCENTS



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 feel that OSCA may be helpful for you, please speak to your Senior Mental Health Lead / Pastoral Lead at your school about a request for support to the Emotional Wellbeing / Emotional Support Team.

For more information on OSCA, scan the QR code.



We are kind.



We are respectful.



We work together with our communities.