



Let's Introduce Anxiety Management (LIAM) for Children and Young People

What is LIAM?

- The LIAM intervention aims to help children/young people who are experiencing milder difficulties with anxiety to learn about how anxiety is linked with our thoughts, body and actions and to find ways to cope with feelings of anxiety.
- LIAM is based on Cognitive Behavioural Therapy (CBT) and is delivered in 8 or more sessions.
- The package is delivered by a range of professionals across Greater Glasgow & Clyde who are supported by a team of NHS Psychologists in the Early Intervention TIPS team (including screening all referrals for LIAM to check this would be suitable).

Who is LIAM suitable for?

- LIAM is designed for children/young people aged 8-18 years who are experiencing milder difficulties with anxiety. All requests are considered on a case-by-case basis.
- LIAM is an active and structured intervention where the child/young person works through a series of workbooks with a LIAM practitioner and is expected to try things out and complete tasks between sessions.
- LIAM can be helpful for children/young people who have specific goals that they would like to work towards. For example, to find strategies for anxiety to help them to socialise with friends again.
- Some children/young people might need support to make sense of feelings of anxiety after a big change in their life or in the context of their experiences. In this case, a different support such as a counselling approach may be more helpful than LIAM.
- If anxiety is related to difficult situation e.g. bullying, domestic violence, it is the situation that must be improved and LIAM is not likely to be appropriate.
- LIAM is not appropriate for those who are: experiencing more severe difficulties with anxiety, difficulties with low mood or where there is a level of risk such as significant self-harm or active suicidal thinking or if they would have difficulty understanding the LIAM materials despite the support of a LIAM practitioner.