



Growing Minds Therapy Addresses Rising Mental Health Concerns Among Young People Through Evidence-Based CBT

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Growing Minds Therapy has expanded its cognitive behavioral therapy services across West Sussex and South Hampshire as new research reveals concerning trends in youth mental health, with studies showing that adolescents spending more than three hours daily on social media face double the risk of experiencing anxiety and depression symptoms.

The specialist therapy practice, which provides evidence-based treatment for childhood anxiety, depression, OCD, PTSD, and phobias, reports increased demand for mental health support as recent data from *Nature Human Behaviour* indicates young people with mental health conditions spend approximately 50 minutes more per day on social media than their peers. The findings come as governments worldwide debate social media restrictions for minors, highlighting the urgent need for accessible therapeutic interventions.

"In my clinical practice, I frequently see young people whose anxiety and low mood are closely intertwined with their online experiences, including social comparison, disrupted sleep patterns, and the pressure of constant connectivity," said Melissa Urwin, BABCP-accredited Child and Young Person CBT Psychotherapist

at Growing Minds Therapy. "Whether or not social media bans are introduced, parents can make a significant difference by creating space for honest, curious conversations about how social media makes their child feel, rather than focusing solely on screen time limits."

The practice offers CBT for young people both in-person and through online sessions, addressing a range of conditions that have become increasingly prevalent. Recent statistics show that one in four teenage girls report that social media has harmed their mental health, compared with one in seven boys, underscoring the need for specialized therapeutic approaches tailored to individual experiences.

Growing Minds Therapy employs a structured three-step process beginning with an initial consultation to understand the primary concerns, followed by comprehensive assessment to explore current symptoms and collaborative goal-setting. The intervention sessions focus on evidence-based strategies that help children and adolescents develop coping mechanisms for managing anxiety, processing trauma, and breaking cycles of obsessive-compulsive behaviors.

The service has particular expertise in addressing school avoidance, a growing concern among families where children experience overwhelming anxiety about attending school. The therapy team works closely with families to identify underlying causes and develop strategies that help children feel safe and confident returning to educational settings.

With over 20 years of experience in education and NHS CAMHS services, the practice emphasizes the importance of early intervention and consistent therapeutic support. Home tasks assigned during sessions form a crucial component of the treatment approach, with research demonstrating that regular practice of CBT techniques significantly improves outcomes for young people struggling with mental health challenges.

Growing Minds Therapy provides specialist cognitive behavioral therapy for children and young people experiencing anxiety, OCD, phobias, trauma, and depression across West Sussex, South Hampshire, and online. Additional information about their services and approach to treating childhood anxiety is available at <https://growingmindstherapy.co.uk>.

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Growing Minds Therapy

Growing Minds Therapy provides specialist CBT for children and young people with anxiety, depression, OCD and PTSD. Founded by a BABCP-accredited psychotherapist with 20+ years in education and NHS CAMHS. Based in Chichester, West Sussex.

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