



## CAMHS RESOURCES

These are a list of resources that may be useful for your child or your family to support their mental health. These include websites, Apps, Books, Helplines, and Self-Care Resources:

### **Explaining COVID-19 to your child/young person:**

#### Websites

Coronavirus: #COVIBOOK Supporting and reassuring children around the world developed for children up to age 7 (Mindheart)

- [Link](#)

<https://www.mindheart.co/descargables> (available in 25 languages)

Coronavirus resources for children and families (Sheffield Children's NHS Foundation Trust)

- [Link](#)

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

Website for older children (Young Minds)

- [Link](#)

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Coronavirus Social Stories, specifically developed for children with ASD, but can also be used to help explain Coronavirus to young children (if appropriate):

1. The Autism Educator

- [Link](#)

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

2. Carol Gray Social Stories 'Pandemics and the Coronavirus'

- [Link](#)

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

3. Carol Gray Social Stories 'Learning about the Coronavirus'

- [Link](#)

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Learning-About-the-Corona-Virus-by-Dr.-Siobhan-Timmins.pdf>

#### Videos

Videos explaining Coronavirus (CBBC Newsround)

- [Link](#)

<https://www.bbc.co.uk/newsround/51342366>

'How to wash your hands' video and song (NHS)

- [Link](#)

<https://www.youtube.com/watch?v=S9VjeIWLnEg>

## For a better life

## Anger:

### Websites

Understanding and managing anger for children & young people (Young Minds)

- [Link](#)

[https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/?gclid=EAlaIqobChMIhIDso5nb6AIV2vZRCh1KrgYLEAAYASAAEgJWoPD\\_BwE](https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/?gclid=EAlaIqobChMIhIDso5nb6AIV2vZRCh1KrgYLEAAYASAAEgJWoPD_BwE)

Parents' guide on 'Responding to Anger' (Young Minds)

- [Link](#)

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/>

### Videos

'Controlling Emotions: A Lesson from Angry Birds (AishVideo)

- [Link](#)

[https://www.youtube.com/watch?v=pFkRbUKy19g&feature=emb\\_title](https://www.youtube.com/watch?v=pFkRbUKy19g&feature=emb_title)

### Books

To help children understand Anger and useful coping strategies (Coping Skills for Kids)

- [Link](#)

<https://copingskillsforkids.com/blog/9-books-to-help-kids-deal-with-anger>

'What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger'  
by Dawn Huebner

## Anxiety:

### Websites

Understanding anxiety with illustration (Priory Group)

- [Link](#)

<https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg>

How to do progressive muscle relaxation (Anxiety Canada)

- [Link](#)

<https://www.anxietycanada.com/sites/default/files/MuscleRelaxation.pdf>

Breathing exercise for stress and anxiety (NHS)

- [Link](#)

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

'The Anxious Child' e-guide with information for parents (The Mental Health Foundation)

- [Link](#)

[https://www.mentalhealth.org.uk/sites/default/files/anxious\\_child.pdf](https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf)

Self-help guide for Health Anxiety (Northumberland, Tyne & Wear NHS Foundation Trust)

- [Link](#)

<https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>

### Videos

'How to Cope with Anxiety (Childline)

- [Link](#)

[https://www.youtube.com/watch?v=pvM\\_TtQi9DU&feature=emb\\_title](https://www.youtube.com/watch?v=pvM_TtQi9DU&feature=emb_title)

## Apps

Mind Shift: designed to help teens cope with anxiety

SAM: Self Help Anxiety Management App with 25 different self-help options

Worrinots: Child friendly app to help children cope with worries & anxiety

## Books

'Helping Your Anxious Child' by Ronald Rapee

'What To Do When You Worry Too Much' by Dawn Huebner

'The huge bag of worries' by Virginia Ironside (ages 5 to 11)

'Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People' by Kate Collins-Donnelly

'Overcoming Your Child's Fears and Worries: A Self-Help Guide Using Cognitive Behavioral Techniques' by Cathy Creswell & Lucy Willetts

## ADHD:

### Websites

Parents Guide to ADHD including information on types of treatment (Child Mind Institute)

- [Link](#)

<https://childmind.org/guide/what-parents-should-know-about-adhd/>

Booklet explaining ADHD for families and young people (Mental Health Foundation)

- [Link](#)

[https://www.mentalhealth.org.uk/sites/default/files/all\\_about\\_adhd.pdf](https://www.mentalhealth.org.uk/sites/default/files/all_about_adhd.pdf)

### Videos

'A paediatrician's tips for managing ADHD under lockdown' talks about the difficulties which may arise and tips to overcome these at home (RCPCH)

- [Link](#)

<https://www.youtube.com/watch?v=QrBGawusraY&feature=youtu.be>

### Books

'Otto Learns About His Medicine: A Story About Medication for Children with ADHD' by Matthew Galvin

'The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control' by Laurence E. Shapiro

'Eukee the Jumpy Jumpy Elephant' by Clifford Corman & Esther Trevino

'Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD' by Patricia O. Quinn, MD, Judith M. Stern, MA

'Taking Charge of ADHD: The Complete, Authoritative Guide for Parents' by Russell A. Barkley

## ASD:

## Websites

Information and resources for parents of young people with or exploring an ASD diagnosis (NAS)

- [Link](#)

[www.nassurreybranch.org](http://www.nassurreybranch.org)

Booklet on 'Supporting Individuals with Autism through Uncertain Times' with various resources (e.g. social stories and charts; The UNC FPC Child Development Institute)

- [Link](#)

<https://afirm.fpg.unc.edu/sites/afirm.fpg.unc.edu/files/covid-resources/Supporting%20Individuals%20with%20Autism%20through%20Uncertain%20Times%20Full%20Packet.pdf>

Understanding Visual Supports and how to maximise their effectiveness (National Autistic Society)

- [Link](#)

<https://www.autism.org.uk/about/strategies/visual-supports.aspx>

Free templates for creating Visual Supports (Tab: Visual Support Project; Autism Toolbox)

- [Link](#)

<http://www.autismtoolbox.co.uk/templates-and-resources>

What are Social Stories and how to make one for your child with ASD (National Autistic Society)

- [Link](#)

<https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

Make a new daily schedule or Social Story for your child (Twinkl)

- [Link](#)

[https://www.autism.org.uk/~/\\_media/nas/our-services/coronavirus/t-s-152-individuals-visual-timetable-template-\\_ver\\_3.ashx?la=en-gb](https://www.autism.org.uk/~/_media/nas/our-services/coronavirus/t-s-152-individuals-visual-timetable-template-_ver_3.ashx?la=en-gb)

Feelings pictures for child with ASD (Sheffield Children's NHS Foundation Trust)

- [Link](#)

<https://www.sheffieldchildrens.nhs.uk/download/766/coronavirus-resources/9728/feelings.pdf>

Schedule and symbols for home for ASD (Sheffield Children's NHS Foundation Trust)

- [Link](#)

<https://www.sheffieldchildrens.nhs.uk/download/766/coronavirus-resources/9731/schedule-and-choose-symbols-for-home.pdf>

'Podcast - coronavirus and helping children with autism' (Dr. Ann Ozsivadjian and Dr. Marianna Murin – ACAMH)

- [Link](#)

<https://www.acamh.org/podcasts/coronavirus-autism-a-parents-guide/>

## Books

'My Friend Sam' by Liz Hannah

'My family is different' by Carolyn Brock for individuals with a sibling on the Autistic Spectrum

## Helplines

National Autistic Society Helpline (COVID-19 hours: Mon to Fri, 10am - 3pm): 0808 800 4104

- [Link](#)

<https://www.autism.org.uk/services/helplines/main/contact.aspx>

## Attachment & Developmental Trauma:

## Websites

Information and Resources on Attachment issues and developmental trauma (Care for the Family)

- [Link](#)

<https://www.careforthefamily.org.uk/family-life/parent-support/parenting-additional-challenges-home/adoption-and-fostering/adoption-fostering-helpful-articles/attachment-issues-and-developmental-trauma-2>

National Association of Therapeutic Parents (NATP)

- [Link](#)

<https://www.naotp.com/>

## Videos

'Parenting a Traumatized Child While Living through COVID-19 by Dr Dan Hughes & Sez Morse (DDP Network)

- [Link](#)

<https://ddpnetwork.org/library/dr-dan-hughes-parenting-a-traumatized-child-while-living-through-covid-19/>

## Books

'The A-Z of Therapeutic Parenting: Strategies and Solutions' by Sarah Naish

'Attachment in Common Sense and Doodles: A Practical guide' by Miriam Silver

'First Steps in Parenting the Child who Hurts: Tiddlers and Toddlers' by Caroline Archer

'Why Can't My Child Behave?: Empathic Parenting Strategies that Work for Adoptive and Foster Families' by Amber Elliott

## **Bereavement:**

### Websites

Information on how to support a grieving child, including free resources

- [Link](#)

<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

### Helplines

Winstons Wish Helpline (Mon to Fri, 9am – 5pm): 08088 020 021 and online chat service (Wed & Fri, 12am - 4pm): <https://www.winstonswish.org/online-chat/>

Child Bereavement UK (Mon to Fri, 9am – 5pm): 0800 02 88 40 and Live Chat service (Mon to Fri, 9am – 5pm): <https://www.childbereavementuk.org/about-our-helpline>

## **Body Image:**

### Websites

Information for young people (Young Minds)

- [Link](#)

<https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/#what-to-do-if-you're-worried-about-how-you-look->

Tips for developing a positive body image and associated resources (e.g. Apps, videos; The Children's Society)

- [Link](#)

<https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/body-image>

Self-help guide for young people to help cope with low self-esteem (Wellbeing Service, South Glasgow)

- [Link](#)

<https://www.nhsggc.org.uk/media/243781/self-esteem-03-15.pdf>

#### Books

'I'm Gonna Like Me - Letting Off a Little Self-Esteem' by Jamie Lee Curtis & Laura Cornell

'Brontorina' by James Howe

'The Skin You Live In' by Michael Tyler

'Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-Esteem for Young People' by Kate Collins-Donnelly

#### **Bullying:**

##### Websites

Help and advice for victims of bullying, including cyberbullying (National Bullying Helpline)

- [Link](#)

[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

Advice, training and practical tools for children and families to prevent bullying (Kidscape)

- [Link](#)

[www.kidscape.org.uk](http://www.kidscape.org.uk)

##### Helplines

National Bullying Helpline (Mon to Fri, 9am - 5pm): 0845 22 55 787

#### **Depression:**

##### Websites

Depression in children and teenagers (NHS)

- [Link](#)

<https://www.nhs.uk/conditions/stress-anxiety-depression/children-depressed-signs/>

How to support your child with depression (Young Minds)

- [Link](#)

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-depression/>

Interactive page with resources for young people, such as relaxation techniques and self-help tools (Depression in Teenagers)

- [Link](#)

<http://www.depressioninteenagers.co.uk/>

'A parents guide to Depression' (Charlie Waller Trust)

- [Link](#)

[https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d\\_ce3f739d96654cc8859a09d9a12d3720.pdf](https://74fa8c0e-59f4-4e39-806a-f511b0f9fadb.filesusr.com/ugd/b5791d_ce3f739d96654cc8859a09d9a12d3720.pdf)

#### Videos

Video on '5 Ways to Talk about Depression with Your Parents' (Psych2Go)

- [Link](#)

<https://www.youtube.com/watch?v=QTy3WQgbt9E>

#### Apps

Mood Tools: Free app which provides information about depression and templates to help practice CBT based coping skills

#### Books

'Danny and the Blue Cloud: Coping with Childhood Depression' by James Foley (ages 4-8)

'Starving the Depression Gremlin: A Cognitive Behavioural Therapy Workbook on Managing Depression for Young People' by Elijah Nealy (ages 10-16)

### **Eating/Eating Disorders:**

#### Websites

Eating disorders self-help guide (Pennine Care NHS Foundation Trust)

- [Link](#)

<http://www.selfhelpguides.ntw.nhs.uk/penninecare/leaflets/selfhelp/Eating%20Disorders.pdf>

Updated diagnostic criteria and types of eating disorders, including information on identifying an eating disorder (NHS)

- [Link](#)

<https://www.nhs.uk/conditions/eating-disorders/>

Information and resources, including an email 'Buddy Scheme' (SEED)

- [Link](#)

<https://seedeatingdisorders.org.uk/page/buddy-schemes>

Tips on how to support someone with an eating disorder (HelpGuide)

- [Link](#)

<https://www.helpguide.org/articles/eating-disorders/helping-someone-with-an-eating-disorder.htm>

Tips on how to support fussy eaters (Early Start Group)

- [Link](#)

<https://www.earlystartgroup.com/nutrition-services/how-to-support-children-who-are-fussy-eaters/>

#### Helplines

Beat Eating disorders Helpline: 0808 801 0677, Studentline: 0808 801 0811, Youthline: 0808 801 0711 (Mon to Fri; 12pm - 8pm, Weekends & Bank Holidays; 4pm – 8pm) and one-to-one web chat: <https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one>

### **Mutism:**

#### Websites

Information and advice on selective mutism (NHS)

- [Link](#)  
[www.nhs.uk/conditions/selective-mutism](http://www.nhs.uk/conditions/selective-mutism)

Resources on selective mutism (e.g. recommended reading and toys/game ideas; SMiRA)

- [Link](#)  
[www.selectivemutism.org.uk](http://www.selectivemutism.org.uk)

#### Books

'Understanding Katie' by Elisa Shipon-Blum

'Supplemental Treatment Guide to 'Understanding Katie': Understanding Selective Mutism as a Social Communication Anxiety Disorder; A Guide for Parents, Teachers and Treatment Professionals (Volume 2)' by Elisa Shipon-Blum

#### OCD:

##### Websites

Information and resources for children (and adults) with OCD (OCD UK)

- [Link](#)  
<https://www.ocduk.org/>

Podcast on OCD in Children and Young People with hyperlinks to various resources for parents and children (ACAMH)

- [Link](#)  
[https://www.acamh.org/podcasts/ocd-conversation/?gclid=EAlaIQobChMI76uZxZDm6AIV2u3tCh3Kig47EAAYASAAEgKfoPD\\_BwE](https://www.acamh.org/podcasts/ocd-conversation/?gclid=EAlaIQobChMI76uZxZDm6AIV2u3tCh3Kig47EAAYASAAEgKfoPD_BwE)

Tips for coping with OCD during the coronavirus pandemic (Young Minds)

- [Link](#)  
<https://youngminds.org.uk/blog/tips-for-coping-with-ocd-during-the-coronavirus-pandemic/>

Parent/Carer Self-Help Guide (Coventry and Warwickshire Partnership Trust)

- [Link](#)  
<https://www.anxietyuk.org.uk/wp-content/uploads/2010/06/Helping-your-child-with-Obsessive-Compulsive-Disorder.pdf>

##### Videos

'OCD is Not Me' (OCD is Not Me)

- [Link](#)  
[https://www.youtube.com/watch?time\\_continue=16&v=\\_LGHSuB\\_-bk&feature=emb\\_title](https://www.youtube.com/watch?time_continue=16&v=_LGHSuB_-bk&feature=emb_title)

##### Apps

No OCD: app for those suffering from OCD

##### Books

'Breaking free from OCD: A CBT guide for young people and their families' by Jo Derisley, Isobel Heyman, Sarah Robinson & Cynthia Turner. A step-by-step guide written for adolescents with OCD and their families, to be used in home treatment or as a self-help book.

'Talking Back to OCD: The Program That Helps Kids and Teens Say No Way – and Parents Say Way to Go' by John S. March with Christine M. Benton.

'Touch and Go Joe: An Adolescent's Experience of OCD' by Joe Wells

'What To Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD' by Dawn Huebner & Bonnie Matthews

#### Helplines

OCD Action (Mon to Fri, 9:30am - 8pm): 0845 390 6232 or 0207 7253 2664

### **Phobias/Panic:**

#### Websites

Information on distinguishing between a Phobia and Panic Disorder (Very Well Mind)

- [Link](#)

<https://www.verywellmind.com/panic-disorder-versus-a-phobia-2584215>

Self Help Guide with information and various tasks (Camden & Islington NHS Foundation Trust)

- [Link](#)

<https://cnwtalkingtherapies.org.uk/wp-content/uploads/2016/02/Panic-and-Phobias.pdf>

Resources, including strategies for coping with panic and specific phobias (No Panic)

- [Link](#)

<https://nopanic.org.uk/resources/>

#### Videos

'Panic Attacks' (BBC Teach)

- [Link](#)

[https://www.youtube.com/watch?v=eLTigCVHjaY&feature=emb\\_title](https://www.youtube.com/watch?v=eLTigCVHjaY&feature=emb_title)

#### Helplines

No Panic (daily 10am – 10pm): 0844 967 4848 (chargeable), crisis message with recorded breathing exercise: 01952 680835 or free email helpline support (<https://nopanic.org.uk/the-no-panic-helpline/>)

### **Psychosis:**

#### Websites

Signs of Psychosis in Teens and tips on improving your child's outcomes (Child Mind Institute)

- [Link](#)

<https://childmind.org/article/watching-for-signs-of-psychosis-in-teens/>

Self-care tips for young adults (Mind)

- [Link](#)

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/self-care/>

Information and self-management techniques (Rethink Mental Illness)

- [Link](#)

[https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/psychosis/?gclid=EAlalQobChMIq4uZ4b3n6AIVA7TtCh1xOQuKEAAYAAEgKfY\\_D\\_BwE](https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/psychosis/?gclid=EAlalQobChMIq4uZ4b3n6AIVA7TtCh1xOQuKEAAYAAEgKfY_D_BwE)

### **PTSD:**

## Websites

Information on PTSD, including practical help strategies (PTSD UK)

- [Link](#)

<https://www.ptsduk.org/>

Tips for parents on helping their child through their PTSD (Kids Health)

- [Link](#)

<https://kidshealth.org/en/parents/ptsd.html>

## Books

'Why Are You So Scared: A Child's Book About Parents With PTSD' by Beth Andrews & Katherine Kirkland

'Does My Child Have PTSD: What to Do When Your Child Is Hurting from the Inside Out' by Jolene Philo

## Self-Harm:

### Websites

Advice on supporting your child who is self-harming (Young Minds)

- [Link](#)

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/>

Free online 6-week course for young people who are struggling with self-harm (Self Harm UK: Alumina)

- [Link](#)

<https://www.selfharm.co.uk/alumina>

'Coping with self-harm: A Guide for Parents and Carers' (University of Oxford)

- [Link](#)

[https://www.psych.ox.ac.uk/files/research/coping-with-self-harm-brochure\\_final\\_copyright.pdf](https://www.psych.ox.ac.uk/files/research/coping-with-self-harm-brochure_final_copyright.pdf)

### Apps

Calm Harm: Helps to manage and resist the urge to self-harm with suggestions for a range of coping strategies, which can be used instead of self-harming (free download)

Bluelce: free app to help young people manage their emotions and reduce urges to self harm

### Books

'The Truth About Self-Harm: For Young People and Their Friends and Families: 2016' by Celia Richardson

'Why Do I Hurt Myself? A Story About Children Who Self-Harm' by Susan Bowman & Karen Dean (ages 8 to 12) which includes healthy coping strategies and tips for parents

## Sexual Abuse & Sexualised Behaviour:

### Websites

Guidance for parents on sexualised behaviours in children (NSPCC)

- [Link](#)

<https://www.nspcc.org.uk/keeping-children-safe/sexual-behaviour-children/>

Spotting signs of child sexual abuse (NHS)

- [Link](#)

<https://www.nhs.uk/live-well/healthy-body/spotting-signs-of-child-sexual-abuse/>

#### Books

'Some Secrets Should Never Be Kept: Protect children from unsafe touch by teaching them to always speak up' by Jayneen Sanders (ages 3 to 8)

'I Can't Talk About It' by Doris Sanford

'Helping Your Child Recover from Sexual Abuse' by Caren Adams & Jennifer J. Fay

#### Helplines

RASASC (Rape & Sexual Abuse Support Centre; Sun to Fri, 7:30pm - 9:30pm - CLOSED due to coronavirus): 01483 546 400

Rape Crisis (daily, 12:00pm - 2:30pm & 7:00pm – 9:30pm): 0808 802 9999

Survivors UK- providing support for male survivors of sexual abuse: online helpline (daily, 12pm – 8pm) <https://www.survivorsuk.org/ways-we-can-help/online-helpline/>

The Lucy Faithfull Foundation, STOP IT NOW Helpline (Mon to Thurs, 9am - 9pm & Fri, 9am - 5pm): 0808 1000 900 (<https://www.stopitnow.org.uk/>)

#### Sleep:

##### Websites

A guide for Parents including strategies to improve sleep problems in all children (Cerebra)

- [Link](#)

<https://cerebra.org.uk/download/sleep-a-guide-for-parents/>

Tips, strategies and information on healthy sleep in childhood (NHS)

- [Link](#)

[www.nhs.uk/Livewell/Childreassleep](http://www.nhs.uk/Livewell/Childreassleep)

Sleep information relating to those with ASD or parents of children with ASD (NAS)

- [Link](#)

[www.autism.org.uk/about/health/sleep](http://www.autism.org.uk/about/health/sleep)

Resources for parents on how to improve your child's sleep hygiene (The Children's Sleep Charity)

- [Link](#)

<https://www.thechildrenssleepcharity.org.uk/leaflets.php>

'The Good-Night Guide for Children' to help parents deal with their child's sleep difficulties (The Sleep Council)

- [Link](#)

<https://sleepcouncil.org.uk/wp-content/uploads/GNGC-website-view.pdf>

##### Videos

'Sleep: A bedtime story' (About Kids Health)

- [Link](#)

[https://www.youtube.com/watch?v=2fba0qkY0Qk&feature=emb\\_title](https://www.youtube.com/watch?v=2fba0qkY0Qk&feature=emb_title)

#### Apps

Calm: meditation techniques for stress and sleep

#### Books

'What to do when you dread your bed. A kids guide to overcoming problems with sleep' by Dawn Huebner

#### Stress:

#### Websites

Webpage on 'Easy Ways to Help Kids Relieve Stress' (Strong4Life)

- [Link](#)

<https://www.strong4life.com/en/pages/routines/articles/easy-ways-to-help-kids-relieve-stress>

#### Videos

Video on 'Managing Stress' (Brainsmart-BBC)

- [Link](#)

[https://www.youtube.com/watch?v=hnpQrMqDoqE&feature=emb\\_title](https://www.youtube.com/watch?v=hnpQrMqDoqE&feature=emb_title)

'Stress and Thinking: The Mind/Body Connection (About Kids Health)

- [Link](#)

[https://www.youtube.com/watch?v=KYcLfBf-T9c&feature=emb\\_title](https://www.youtube.com/watch?v=KYcLfBf-T9c&feature=emb_title)

#### Books

'The Teenage Guide to Stress' by Nicola Morgan

'Fighting Invisible Tigers: Stress Management for Teens' by Earl Hipp

### General Support:

#### Websites:

Information and book recommendations for childhood challenges (Little Parachutes)

- [Link](#)

[www.littleparachutes.com](http://www.littleparachutes.com)

Mental health advice and resources on a number of topics (moodcafé)

- [Link](#)

[www.moodcafe.co.uk](http://www.moodcafe.co.uk)

Self-help resource website, including a library of self-help guides for many different mental health difficulties (Moodjuice)

- [Link](#)

<https://www.moodjuice.scot.nhs.uk/>

Youth wellbeing Directory created by the Anna Freud Centre (Anna Freud National Centre for Children & Families)

- [Link](#)

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

Self-help leaflets (Surrey & Borders Partnership NHS Trust)

- [Link](#)

<https://www.sabp.nhs.uk/mindsightsurreycamhs/resources/CYP-help-sheets>

Free online counselling service for young people (KOOOTH)

- [Link](#)

[www.kooth.com](http://www.kooth.com)

Information for children & young people on mental health difficulties (Mind)

- [Link](#)

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

Information for parents of children & young people with mental health difficulties (Mind)

- [Link](#)

<https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/>

Information on various mental health difficulties, tips, parent helpline (Mon to Fri, 9:30am - 4pm; 0808 802 5544) and Crisis Messenger (24/7, text YM to 85258; Young Minds)

- [Link](#)

<https://youngminds.org.uk/>

Various resources including: videos, games, articles, information, telephone/online helpline (daily, 9am - midnight; 0800 1111/<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>; Childline)

- [Link](#)

[www.childline.org.uk](http://www.childline.org.uk)

Free 24-hour helpline/email service (116 123/email [jo@samaritans.org](mailto:jo@samaritans.org); Samaritans)

- [Link](#)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

Guidance on a balanced diet with interactive 'plate' which can be used with children (NHS)

- [Link](#)

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Information on parenting with a mental health problem (Mind)

- [Link](#)

<https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/parenting-and-mental-health/>

Free and secure online tool that allows parents, friends and carers to organise support for a child with an illness or challenging behaviour. Features like the to-do list, noticeboard, email and text notifications keep all members in the loop (Rally Round)

- [Link](#)

<https://app.rallyroundme.com/bracknellandascot>

Help guide for young people to help cope with stress (Anna Freud Centre)

- [Link](#)

[https://www.annafreud.org/media/3194/year7\\_help4pupils.pdf](https://www.annafreud.org/media/3194/year7_help4pupils.pdf)

Positive Parenting guide (NSPCC)

- [Link](#)

<https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>

LGBTQ+ Coming Out Guide (The Proud Trust)

- [Link](#)

<https://www.theproudsttrust.org/download/coming-out-guide/#>

### **Videos:**

A to Z of coping strategies video (Sussex Partnership NHS Foundation Trust)

- [Link](#)

<https://www.youtube.com/watch?v=5EXpkVw3fh0>

Video on '10 Parenting Tips to help Calm Down a Child Having a Tantrum' (Bright Side)

- [Link](#)

[https://www.youtube.com/watch?v=GBvQvi79Fw4&feature=emb\\_title](https://www.youtube.com/watch?v=GBvQvi79Fw4&feature=emb_title)

'Self Compassion' (The School of Life)

- [Link](#)

[https://www.youtube.com/watch?v=-kfUE41-JFw&feature=emb\\_title](https://www.youtube.com/watch?v=-kfUE41-JFw&feature=emb_title)

Understanding Meditation Series (Mindfulness 360 – Center for Mindfulness)

- [Link](#)

[https://www.youtube.com/watch?v=6fIUgIT0SHY&feature=emb\\_title](https://www.youtube.com/watch?v=6fIUgIT0SHY&feature=emb_title)

'A Moment of Peace' (About Kids Health)

- [Link](#)

[https://www.youtube.com/watch?v=nQdM\\_Cku9pA&feature=emb\\_title](https://www.youtube.com/watch?v=nQdM_Cku9pA&feature=emb_title)

'Why Do We Lose Control of Our Emotions' (Kids Want to Know)

- [Link](#)

[https://www.youtube.com/watch?v=3bKuoH8CkFc&feature=emb\\_title](https://www.youtube.com/watch?v=3bKuoH8CkFc&feature=emb_title)

'What is CBT: Making Sense of Cognitive Behavioural Therapy' (Mind)

- [Link](#)

[https://www.youtube.com/watch?v=9c\\_Bv\\_FBE-c&feature=emb\\_title](https://www.youtube.com/watch?v=9c_Bv_FBE-c&feature=emb_title)

'You are not your thoughts' (About Kids Health)

- [Link](#)

[https://www.youtube.com/watch?v=0QXmmP4psbA&feature=emb\\_title](https://www.youtube.com/watch?v=0QXmmP4psbA&feature=emb_title)

'We All Have Mental Health' (Anna Freud Centre)

- [Link](#)

[https://www.youtube.com/watch?v=DxIDKZHW3-E&feature=emb\\_title](https://www.youtube.com/watch?v=DxIDKZHW3-E&feature=emb_title)

'Resilience: but what is it? Here's 5 ways to build resilience' (Leicestershire Partnership NHS Trust)

- [Link](#)

[https://www.youtube.com/watch?v=1FDyiUEn8Vw&feature=emb\\_title](https://www.youtube.com/watch?v=1FDyiUEn8Vw&feature=emb_title)

### **Books:**

Five reading lists for mental health (Reading Well)

- [Link](#)

<https://reading-well.org.uk/>

'Sitting Still Like a Frog' by Eline Snel (An introduction to mindfulness exercises for children)

'Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds (3rd Edition)' by Rex Forehand & Nicholas Long (Help parents understand what may contribute to your child's disruptive behaviours and provides strategies for managing specific behaviour problems)

'Playful parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence' by Lawrence J. Cohen (An approach to raising children that helps to nurture close connections, help behaviour problems and encourage confidence)

'The incredible years – a trouble-shooting guide for parents of children aged 2—8 years' by Carolyn Webster-Stratton (a practical guide, filled with examples of everyday situations and and step-by-step suggestions on how to handle them)

'The whole brain child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive' by Daniel Siegel

'Don't Let Your Emotions Run Your Life for Teens: Dialectical Behaviour Therapy Skills for Helping Teens Manage Mood Swings, Control Angry Outbursts, and Get Along with Others' by Sheri Van Dijk (Easy techniques to help the young person: Stay calm and mindful in difficult situations, effectively manage out-of-control emotions, Reduce the pain of intense emotions and Get along with family and friends)

'The chimp paradox – The mind management programme for confidence, success and happiness' by Steve Peters

'Friends forever: how parents can help their kids make and keep good friends' by Fred Frankel

### **Apps:**

Headspace: Provides guided meditations and mindfulness techniques

Clear fear: tools to manage anxiety for young people aged 11 to 19 years

What's Up: self-help for anxiety, anger, depression and stress. Includes grounding techniques, breathing exercises and diaries

Happier: inspiring quotes, meditation and gratitude journals to help with low mood and improve resilience

Smiling Mind: meditation program with a focus on mindfulness

ReachOut WorryTime: enables setting up 'worry time' to limit the amount of worrying throughout the day

Daylio: Mood tracking app

Stay Alive: resources to help stay safe if suicidal ideation is present

Wellmind: general wellbeing support app

Elefriends: supportive online community (Mind)

Chill Panda: help children understand stress with breathing techniques, yoga, calming games and exercise

Virtual Hope Box: tools to help with coping, distraction, relaxation and positive thinking

Calm: meditation techniques for stress and sleep

MoodGym: online CBT program for depression & anxiety

Superbetter: builds resilience (staying motivated and optimistic) even in the face of adversity

My 3: self-help by reaching out to others if you are having suicidal thoughts

SafeSpot: coping strategies and toolkit to help cope with difficult situations

Cove: create music to reflect emotions (e.g. happy, sad, angry) to help express how you are feeling

Feeling Good Teens: uses audio tracks to help improve resilience, sleep, motivation and to let go of worry. Free access with the username: coboost and password: coboost (during this period).

### **Helplines:**

You can talk to someone confidentially who is trained to listen and support you, over the phone, by text or by webchat.

**Childline** (0800 11 11) – Run a free 24-hour helpline, email service and online and phone counselling service for children and young people in the UK. They can also provide Welsh speaking counsellors.

**Shout** (text 'SHOUT' to 85258): 24/7 text service for anyone in crisis to help them reach a safe calm place.

**Samaritans** (116 123) – Emotional support for anyone feeling down, experiencing distress or struggling to cope. If you live in Wales, Samaritans Cymru run a Welsh language line (0808 164 0123).

**HopeLineUK** (0800 068 4141, or text 07786 209697) – Advisors trained to help you focus on staying safe from suicide. They can provide advice and support that may help you to stay safe.

**The Mix** (0800 808 4994) – Offer a helpline, email, live chat, telephone counselling service and crisis text line for anyone under 25 years old wanting support

**Nightline (university specific)** – provides emotional support to students in distress([nightline.ac.uk](https://www.nightline.ac.uk))

Find your nightline: <https://www.nightline.ac.uk/want-to-talk/>

## Self-Care and Relaxation

Doing little things to look after your wellbeing can be really important. It might be:

- **getting enough sleep**
- **doing something you find relaxing**, like listening to music or watching your favourite film
- **doing something you enjoy**, like a favourite hobby or spending time with people you love
- **spending time in nature**, like going for a walk or visiting a local park
- **getting active by going for a run**, bike ride or playing a sport you enjoy
- **contacting friends and relatives**, especially if you live alone

### Self-Care Tools:

Breathing exercise for stress and anxiety (NHS)

- [Link](#)

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

How to do progressive muscle relaxation (Anxiety Canada)

- [Link](#)

<https://www.anxietycanada.com/sites/default/files/MuscleRelaxation.pdf>

Mindfulness (Get Self Help)

- [Link](#)

<https://www.getselfhelp.co.uk/mindfulness.htm>

Mindfulness (Psychology Tools)

- [Link](#)

<https://www.psychologytools.com/professional/techniques/mindfulness/>

Relaxation (Get Self Help)

- [Link](#)

<https://www.getselfhelp.co.uk/relax.htm>

Relaxation (Moodjuice NHS)

- [Link](#)

<https://www.moodjuice.scot.nhs.uk/relaxation.asp>

How to avoid becoming a lizard, a self-regulation video for children (Youtube- D)

- [Link](#)

<https://www.youtube.com/watch?v=n1oolOMoFts>

Keep well with movement and mindfulness videos created by child development experts (GoNoodle)

- [Link](#)

<https://www.gonoodle.com/>

Self-care – how to look after our mental health (The Anna Freud Centre)

- [Link](#)

<https://www.gonoodle.com/>

Create a mood journal (Childline)

- [Link](#)

<https://www.childline.org.uk/login/?returnPath=%2flocker%2f#journal>

Calm zone – activities to reduce stress (Childline)

- [Link](#)

<https://www.childline.org.uk/toolbox/calm-zone/>

Mindful Colouring sheets (Youth Focus)

- [Link](#)

[https://youthfocus.com.au/wp-content/uploads/2018/04/YF\\_Mindful-Colouring\\_FA.pdf](https://youthfocus.com.au/wp-content/uploads/2018/04/YF_Mindful-Colouring_FA.pdf)