



Mental Health Resources for children, young people and their parents and carers

GREAT DREAM

Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things

- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org



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Parents	Children	Young People
Generic		
<p>Mind www.mind.org.uk National mental health charity, which offers an excellent range of materials on all aspects of mental health</p>		
<p>Young Minds www.youngminds.org.uk the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people and empowering their parents and carers</p>		
<p>ChildLine www.childline.org.uk Tel: 0800 1111 A counselling service for parent, children and young people. Advice is free and confidential</p>		
<p>Saneline www.sane.org.uk Tel: 0300 304 7000 (4.30-10.30pm) A national out-of-hours helpline which provides support and information to anyone coping with mental illness. The UK site offers extensive literature on subjects including schizophrenia, depression and therapies</p>		
<p>Samaritans www.samaritans.org Tel: 116 123 email: jo@samaritans.org A confidential 24 hour emotional support service for anyone in UK and Ireland.</p>		
	<p>Positive Penguins App www.positivepenguins.com Helps children understand their feelings and challenge negative thinking. Four positive penguins take children on a journey to help them better understand the relationship between what they think and what they feel</p>	<p>The Mix www.themix.org.uk the UK's leading support service for young people. 'We are here to help you take on any challenge you're facing from mental health to money, from homelessness to finding a job'</p>
		<p>Youth Health Talk www.healthtalk.org/young-peoples-experiences Video interviews of young people's real life experiences. Section on depression and eating disorders</p>



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Depression		
Book - Michael Rosen's SAD ISBN-10 0744598982 A touching book about what it is like to feel deeply sad		Students Against Depression www.studentsagainstdepression.org Offers information and resources validated by health professionals alongside tips and advice from students who have experienced it themselves
Charlie Walker Memorial Trust www.cwmt.org.uk Awareness, information and resources for those who are depressed. They run training for schools and other youth settings		
MoodKit App www.thriveport.com/products/moodkit Approved by NHS Choices and listed as one of Healthline's Best Apps for Depression 2017, this app uses CBT principles to help people with depression and anxiety manage and track their moods. It has a 'thought checker' to identify negative thoughts and an 'activities' tool to suggest wellbeing activities		
MoodTools Depression Aid App www.moodtools.org This app provides six evidence-based tools to aid clinical depression and negative moods. It contains info, self-tests, videos, a thought diary, activities, and a suicide safety planning feature to help keep the person safe when they are feeling distressed		
www.nice.org.uk/guidance/ng134 Depression in children and young people: identification and management		
Anxiety		
https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/ Helps all those suffering with anxiety disorders		
		No Panic www.nopanic.org.uk Registered charity which helps people who suffer from Panic Attacks, Phobias, OCDs, etc. Youth Helpline: 0330 606 1174
www.ocduk.org Information and support relating to OCDs in children and young people. Produces useful friendly guides including a teens guide, children's guide and parents guide		
www.ocdaction.org.uk Information and support for OCDs and related disorders		
		Book - Touch and Go Joe ISBN – 10 1843103915 An Adolescent's experience of OCD
		www.sam-app.org.uk A self-help app for anxiety which includes a personal toolbox, negative thought buster. Developed by University of West England



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Suicide		
Stamp Out Suicide www.stampoutsuicide.org.uk Tel: 07766 808 222 Helpful pointers for those concerned about suicide		
Cruse – Bereavement Care www.cruse.org.uk Offer support, advice and information to children, young people and adults when someone dies		
PAPYRUS (Parents Association for the Prevention of Young Suicide) www.papyrus-uk.org Advice and information for parents, carers, teachers and friends of young people at risk of suicide		Stay Alive App https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html A free app which offers help and support to people with thoughts of suicide and people concerned about someone else
Psychosis		
Rethink Mental Illness www.rethink.org A national mental health membership charity which works to help everyone affected by severe mental illness recover a better quality of life		
Hearing Voices Network www.hearing-voices.org Self help groups for voice-hearers and support and advice for carers		Voice Collective www.voicecollective.co.uk Peer support for young people who hear, see and sense things that others don't



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Self Harm		
<p>Harmless www.harmless.org.uk A user-led organisation that provides a range of services about self-harm for those who self-harm and their support network</p>		<p>National Self-Harm Network www.nshn.co.uk Monitored forums supporting individuals who self-harm to reduce emotional distress and improve their quality of life</p>
<p>Book – A Parent’s Guide to Self Harm – Jane Smith ISBN-10 0745955703</p>	<p>The Rainbow Journal Personal Self-Help Diary aimed at helping young people move from self-harm to self-care Free to under 18s www.selfinjurysupport.co.uk/rainbow-journal</p>	
		<p>Self-Heal App www.self-healapp.co.uk Uses DBT principles to help users resist the urge to self –harm.</p>
Eating Disorders		
<p>Anorexia and Bulimia Care (ABC) www.anorexiabulimiacare.org.uk provides personal advice and support to anyone affected by disordered eating</p>		
<p>Book – The Parents Guide to Eating Disorders What Parents Need to Know – Jane Smith ISBN-10 0745955444</p>		<p>Rise Up Recovery Warriors app www.recoverywarriors.com/app/ Eating disorder recovery tools including meal logging, behaviour tracking, emotions and thought tracking</p>