

The current Covid 19 pandemic has made us all work differently, and alongside with the rest of the country and the NHS, we are going digital! You probably already know that we are primarily doing telephone appointments, and only bring in patients for face to face appointments if they really need to be seen and there is no other way to masses their problem. Therefore we hope to use our website to give our patients more information about how they can manage various health issues themselves, therefore minimising the need to seek an appointment in the surgery.

Today's topic is self help for mental health problems in young people, and what reliable online sources can be used. It is perfectly understandable that with the current restrictions on travel and socialising, there has been an increase in anxiety in particular, and we hope these resources will be useful to you.

Apps:

Calm harm; to help reduce self-harm; areas to comfort/distract/breathe/express yourself

Chill panda: relaxation exercises and games to help find ways to calm

Stay alive- suicide prevention app

Self-help anxiety management app- helps you to understand anxieties with a self-help toolkit

Moodometer- like a diary to help to understand influences behind moods

Grief; Support for young people- from bereavement UK for 11- 25 year olds.

Headspace- mindfulness app – all ages

<https://www.nhs.uk/apps-library> - extensive number of recommended apps and guides

Websites:

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

- Has areas of support for different personal problems & mental health problems, where to get help, a section to support parents as well as crisis messenger (see below)

Happy maps <https://www.happymaps.co.uk/>

- Has information from birth – 18 years old
- Gives information on a variety of problems such as sleep problems and breath holding attacks, toileting, autism, gender identity, eating problems, anger, suicidal thoughts as well as referring to helpful websites and reading
- Has local directories for areas of help as well as what to do in an emergency and when should I be worried section
- Online diaries
- Also have live forums

Living life to the full for young people <https://www.lltfyp.com/>

- Online CBT (cognitive behavioural therapy) courses for young people

Royal College of Psychiatry <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

- Information leaflets including topics such as drugs, alcohol, stress, psychosis, bipolar disorder, exercise, depression, schizophrenia, CBT (cognitive behavioural therapy), when a parent has a mental illness, CAMHS (Child & Adolescent Mental Health Services), cannabis, worries and anxiety, gambling, when bad things happen & how to cope when life is difficult.

Royal college of psychiatry self-harm information <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/self-harm-in-young-people-for-parents-and-carers?searchTerms=self%20harm>

Royal College of Psychiatry 'Feeling overwhelmed' leaflet <https://www.rcpsych.ac.uk/mental-health/problems-disorders/feeling-overwhelmed>

The national self-harm network <http://nshn.co.uk/>

For Parents:

Self-harm; talking about experiences- <http://healthtalk.org/home>

Young minds www.youngminds.org.uk

Challenging behaviours <https://www.challengingbehaviour.org.uk/> - helps support families by providing information, workshops, peer groups, and support by phone and email

Ruils- <https://www.ruils.co.uk/> local service to support disabled people and families, see their section on family matters as well as bridging the gap- a guide to mental health services.

ADDISS- www.addiss.co.uk national attention deficit disorder – information and support services

Autism www.autism.org.uk – help and support

Family lives- www.familylives.org.uk - confidential helpline, parenting advice videos, forums, online parenting courses, links to local projects and courses

Other:

Childline 0800 1111

Crisis messenger- text 85258 and a trained mental health worker will text you back- for those <25

The Samaritans - www.samaritans.org 116 123

www.sleepcouncil.org.uk advice on various age groups and different scenarios

www.relate.org.uk – have sections on family relationships, children and young people and help for young adults.

www.papyrus-uk.org – young suicide prevention society- they have a hopeline for support, as well as resources such as hopebox, safety plans, distraction techniques and others

Eating disorders – helpline, support services and information www.b-eat.co.uk

www.berealcampaign.co.uk Information and research on body image impact

www.catch22.org.uk- Young peoples alcohol/substance misuse service

Books:

See attached reading list and visit www.readingagency.org.uk/readingwell

	Title	Author	Publisher
General	Blame My Brain	Nicola Morgan	Walker Books
	Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can	Ben Sedley	Robinson
	Quiet the Mind	Matthew Johnstone	Robinson
	The Self-Esteem Team's Guide to Sex, Drugs and WTFs?!!	Self-Esteem Team	John Blake Publishing
	Mind Your Head	Juno Dawson	Hot Key Books
	I'll Give You The Sun (fiction)	Jandy Nelson	Walker Books
	Every Day (fiction)	David Levithan	Electric Monkey
	Kite Spirit (fiction)	Sita Brahmachari	Macmillan Children's Books
	House of Windows (fiction)	Alexia Casale	Faber & Faber
ADHD	Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD	Patricia Quinn & Judith Stern	Magination Press
Anxiety, worry and panic	My Anxious Mind	M. Tompkins & K. Martinez	Magination Press
	The Anxiety Survival Guide for Teens	Jennifer Shannon	New Harbinger
	The Shyness and Social Anxiety Workbook for Teens	Jennifer Shannon	New Harbinger
	The Perks of Being a Wallflower (fiction)	Stephen Chbosky	Simon & Schuster
Autism and Asperger syndrome	Freaks, Geeks and Asperger Syndrome	Luke Jackson	Jessica Kingsley
	The Reason I Jump	Naoki Higashida (translated by David Mitchell and Keiko Yoshida)	Sceptre
	The Curious Incident of the Dog in the Night-Time (fiction)	Mark Haddon	Vintage
Body image and eating disorders	Can I Tell You About Eating Disorders?	Bryan Lask & Lucy Watson	Jessica Kingsley
	Banish Your Body Image Thief	Kate Collins-Donnelly	Jessica Kingsley
	Tyranny	Lesley Fairfield	Walker Books
Bullying	Bullies, Cyberbullies and Frenemies	Michele Elliot	Wayland
	Vicious: True Stories by Teens About Bullying	Hope Vanderberg (Ed.)	Free Spirit
Confidence and self-esteem	Banish Your Self-Esteem Thief	Kate Collins-Donnelly	Jessica Kingsley
	Self-Esteem and Being You	Anita Naik	Wayland
	Face (fiction)	Benjamin Zephaniah	Bloomsbury
Depression	Am I Depressed and What Can I Do About it?	Shirley Reynolds & Monika Parkinson	Robinson
	Can I Tell You About Depression?	Christopher Dowrick & Susan Martin	Jessica Kingsley
	I Had a Black Dog	Matthew Johnstone	Robinson
Mood swings	Don't Let Your Emotions Run Your Life for Teens	Sheri Van Dijk	New Harbinger
OCD	Breaking Free from OCD	Jo Derisley, Isobel Heyman, Sarah Robinson & Cynthia Turner	Jessica Kingsley
	Touch and Go Joe	Joe Wells	Jessica Kingsley
	The Unlikely Hero of Room 13B (fiction)	Teresa Toten	Walker Books
Self-harm	The Truth about Self-Harm	Celia Richardson	Mental Health Foundation
Stress	Fighting Invisible Tigers	Earl Hipp	Free Spirit
	The Teenage Guide to Stress	Nicola Morgan	Walker Books