

# CHILD & ADOLESCENT MENTAL HEALTH -SELF HELP RESOURCES

COMPILED BY CAMHS PRIMARY MENTAL HEALTH TEAM

There are lots of Self-help publications that you can access on line and via Internet searches. It is also considered good practice for charities and organisations, including the NHS, to provide accessible information to people about their condition and treatment.

Self-help materials and interventions have been thought helpful as a psychological intervention in their own right as well as a good starting point to therapist-delivered care. Such interventions have been referred to as 'psychoeducation' which is a general approach involving the provision of therapeutic information, written/video or web based materials as well as support and advice from professionals. Many self help materials use a cognitive, behavioural or problem-solving approach which many young people have found have helped them, and they don't feel the need to attend CAMHS- whilst for others it has provided information and is a good starting point.

All information here has either been recommended to us by young people or parents who have used the material or is from a reliable source. However please note that if you are concerned about any deterioration or worsening of symptoms then please discuss this with the person that referred you or gave you this handout.

## general mental health

[www.youngminds.org.uk](http://www.youngminds.org.uk): respected mental health charity

[www.moodcafe.co.uk](http://www.moodcafe.co.uk) ; Produced by NHS Fife CAMHS

[www.ru-ok.org.uk](http://www.ru-ok.org.uk): Mental health charity: Information on relaxation, anger management, etc.

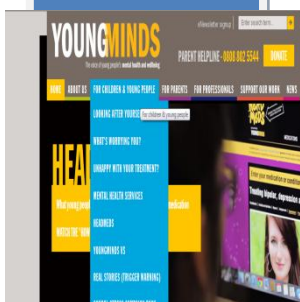
[www.rcpsych.ac.uk/mentalhealthinfo/youngpeople.aspx](http://www.rcpsych.ac.uk/mentalhealthinfo/youngpeople.aspx) : Produced by Royal College of Psychiatrists: Search by subjects for leaflets and fact sheets about many subjects from depression to sleep problems. Also pages specific to child and adolescent mental health - Look under mental health and growing up for parent/child friendly leaflets.

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

For young people and for individuals who are concerned about the safety and well-being of young people. The help and advice section has pages about bullying, abuse, homelessness, suicide and much more. Childline (tel. 0800 1111)

[www.healthwholeofme.com](http://www.healthwholeofme.com) self help resources recommended by Forth Valley Psychology Department.

**Local Libraries:** have books for all ages, as do school libraries. See also [health whole of me](http://www.healthwholeofme.com) for recommendations



**Disclaimer:** Whilst all attempts have been made to verify information provided, CAMHS cannot accept responsibility for errors, omissions or contrary interpretation of the self help subject matter. There is no guarantee of validity or accuracy of any self help content. If you wish to apply any ideas or strategies from the material recommended, you take full responsibility for your actions.

Information and strategies recommended are designed to allow you to make changes at your own pace. They are not designed to replace individual therapy or intervention but are a good starting point. It is also important to try things early in the development of a problem.

## anxiety

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

NHS Lothian. This site offers support, advice and self-help approaches to coping with the effects of stress and anxiety.

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk): Charity: they provide information on a range of different difficulties. Also have an App & helpline

[www.nopanic.org.uk](http://www.nopanic.org.uk): Help with panic attacks, obsessions and phobias. Has a Youth Helpline.

[www.anxietybc.com](http://www.anxietybc.com) although Canadian our young people have found this an excellent website and downloadable App for young people

[www.ocduk.org](http://www.ocduk.org) Info site for children and young people run by Royal Maudsley Hospital on OCD

## low mood/depression

Helpful resources can be found in much of the above-however in addition try:

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

offers 8 sessions of computerised cognitive behavioural therapy (CBT) programme for depression and anxiety, recommended National Institute of Health Excellence for the treatment of depression.

[www.safespot.org.uk](http://www.safespot.org.uk) : downloadable App for Android and IOS that was developed by a Child Psychiatrist who used to work in Forth Valley which promotes positive mental wellbeing by focussing on learning coping skills

[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk) : for young people in Scotland who are "feeling down".



## self harm

[www.youngminds.org.uk](http://www.youngminds.org.uk) (booklet 'Worried about Self Injury')

[www.thesite.org/healthandwellbeing/mentalhealth/selfharm](http://www.thesite.org/healthandwellbeing/mentalhealth/selfharm)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

[www.nshn.co.uk](http://www.nshn.co.uk) National Self Harm Network: provides support and information for those who self harm, their family and carers. Great download section and in particular the Distractions List.

[www.selfharm.co.uk](http://www.selfharm.co.uk) Youthspace initiative. Good information and support.

[www.lifesigns.org.uk](http://www.lifesigns.org.uk) user led charity

[www.getconnected.org.uk](http://www.getconnected.org.uk) (search self harm): support and help for under 25s

[www.samaritans.org](http://www.samaritans.org) 08457 90 90 90

## Others

---

*“ a one-stop shop for practical information and techniques on how to respond helpfully to children and young people's troubling behaviour, build up their self-esteem and promote their positive mental wellbeing”  
(HandsonScotland)*

[www.pbskids.org/arthur/games/aboutface/](http://www.pbskids.org/arthur/games/aboutface/): helps younger children talk about their emotions

[www.anxietybc.com/parent/separation.php](http://www.anxietybc.com/parent/separation.php): Psycho-educational material and useful video for parents regarding separation anxiety.

Bereavement support [www.crusescotland.org.uk/Support/Central.html](http://www.crusescotland.org.uk/Support/Central.html):

**Also** [www.rd4u.org.uk](http://www.rd4u.org.uk), [www.winstonswish.org.uk](http://www.winstonswish.org.uk) and [www.childbereavement.org.uk](http://www.childbereavement.org.uk)

[www.bullying.co.uk](http://www.bullying.co.uk) : Information for parents and children about different kinds of bullying, legal advice and problem pages

[www.b-eat.co.uk](http://www.b-eat.co.uk)

on line help and support for young people with eating difficulties, including a general helpline and a youth helpline and downloadable information sheets.

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

This website is designed to help you make a difference to children and young people's lives, by giving you tools to respond helpfully when they are troubled. It is a one-stop shop for practical information and techniques on how to respond helpfully to children and young people's troubling behaviour, build up their self-esteem and promote their positive mental wellbeing.

[www.lltff.com](http://www.lltff.com) Living Life to the Full: This is an 8 session course that has been written by a Psychiatrist who has many years of experience using a Cognitive Behaviour Therapy (CBT) approach and aims to help young people develop skills in everyday life

Neurodevelopmental difficulties like ASD, ADHD etc: [www.incredibleyears.com](http://www.incredibleyears.com), [www.angermgmt.com](http://www.angermgmt.com), [www.aspergersyndrome.org](http://www.aspergersyndrome.org)

And National Autistic Society offers information and support

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

If you haven't done so, contact your child's school, educational psychologist or speech and language therapist

[www.stressandanxietyinteenagers.co.uk](http://www.stressandanxietyinteenagers.co.uk) : NHS Lothian website offering interactive guidance on combatting these symptoms and sources of help.

[www.nhs.uk/Conditions/stress-anxiety-depression/Pages/Coping-with-exam-stress.aspx](http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/Coping-with-exam-stress.aspx) NHS site on Exam Stress - Provides information for children and young people on how to cope with exam stress.

[www.young.scot/information](http://www.young.scot/information) provides information and advice on issues that affect young people

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk) advice and on line chat available



## NHS Forth Valley Child & Adolescent Mental Health Service

North  
OPD3 Stirling  
Community  
Hospital  
Livilands  
Stirling  
01786 454546

South  
The Manor  
Brown Street  
Camelon  
Falkirk  
FK1 4PX  
01324 610846

CAMHS is a multi-disciplinary service. Team members include Child and Adolescent Psychiatrists, Clinical Psychologists, Mental Health Nurses, Social Workers, Child Psychotherapist, Primary Mental Health Workers. Speech & Language Therapist.

### ***About Our Organisation...***

Forth Valley CAMHS follows national guidance that sets out our priorities and referral criteria. We see:

- Children/young people\* who have or are suspected to have a mental health disorder and/or neuro developmental condition that results in persistent symptoms of psychological distress.

**AND at least one** of the following: **(complexity and severity threshold)**

- An associated serious and persistent impairment of their day to day social functioning.
- An associated risk that the child/young person may cause serious harm to themselves or others.

## parents

### Falkirk Council website

David Fernie, Parenting Coordinator on 01324 506687 or email David.Fernie@falkirk.gov.uk

### Clackmannanshire & Stirling Council website

Graeme Young, Parenting Coordinator, on 01786 233939 or email parenting@stirling.gov.uk

You may also wish to contact your local nursery or health visitor.

A list of parenting groups and other supports in Forth Valley can be found at [www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk)

### [www.parentlinescotland.org.uk](http://www.parentlinescotland.org.uk)

free helpline for parents/carers who have concerns about a child or young person.

**Stress Control Groups:** Stress control classes and information are offered across Forth Valley and is open for parents but also young people. FV-UHB.stresscontrol@nhs.net to for more information

**Getting It Right For Every Child:** Getting it Right for Every Child (GIRFEC) is a national approach to improving children's services. It is a policy that aims to ensure that services work together with children, young people and their families to provide quick and effective support when it is needed. By Summer 2016 all children and young people within Forth Valley will have a Named Person and in some areas this is already happening.

**ALL services have a part to play in the emotional and mental wellbeing of children therefore you should contact either Falkirk, Stirling or Clackmannanshire Council.** Services like Education, Social Work and Community Learning and Development all have access to services and resources that can help children and young people experiencing difficulties e.g. LGBT, bereavement support, young carers. Contact your local council

