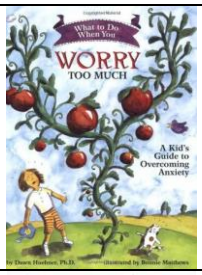
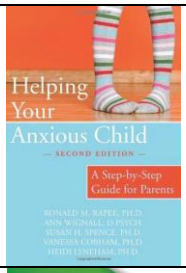
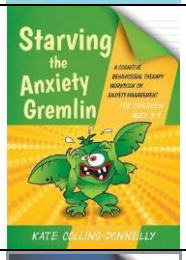
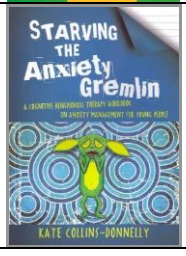
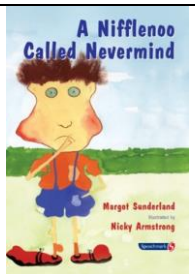
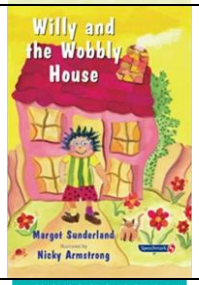
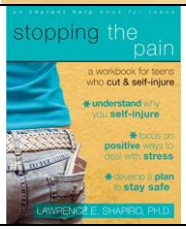
YOUNG PEOPLE'S MENTAL HEALTH RESOURCES

www.youngminds.org.uk Fighting for young people's mental health	
www.stem4.org.uk Website resource for teens and parents	
www.kooth.com Online counselling	
www.mind.org.uk/media/619077/understanding-self-harm-2013.pdf Mind – for better mental health	
http://www.getconnected.org.uk/ Free, confidential helpline for young people. Volunteers are available to offer support on a wide range of issues – such as self-harm, bullying, drugs etc. Available 24/7, 365 days a year	
https://www.nice.org.uk/guidance/CG159 Information about the NICE guidelines for social anxiety	
https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers Worries and Anxieties – helping children to cope. Informaitonfor parents, carers and anyone who works with young children	

http://www.moodcafe.co.uk/for-children-and-young-people/relaxation-for-children.aspx A website with helping relaxation exercises for children with anxiety	
https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/ A website with helpful advice	

BOOKS FOR ANXIETY

What to do when you worry too much: A kid's guide to overcoming anxiety by Dawn Huebner (6-12 year olds)	
The huge bag of worries by Virgina Ironside	
Helping your anxious child – 2nd edition by Ronald Rapee	
Starving the anxiety gremlin by Kate Donnelly (5-9 year olds)	
Starving the anxiety gremlin by Kate Donnelly (10+)	

A Nifflenoo called Nevermind: A Story for Children who bottle of their feelings by Margot Sutherland	
Willy and the Wobby House: A Story for Children who are Anxious or Obsessional by Margot Sunderland	
Stopping the Pain – a workbook for teens who cut and self injure, Lawrence Shapiro	

APPS

Calm Harm App – award winning app that helps to resist or manage urge to harm themselves	
Headspace for kids	
Happi me app – linked to book Oscar and his worry chimp by Jo Richings and Abby Pickles	
Stop, Breathe & Think	