
Resources for young people

Anna Freud Centre: *How to get up & go when you are feeling low* - Booklet providing top tips for year 4 students when they are feeling upset or stressed.

http://www.annafreud.org/media/3193/year4_help4pupils.pdf

Anna Freud Centre: *I gotta feeling* - Booklet providing top tips for year 7 students on how to feel good.

http://www.annafreud.org/media/3194/year7_help4pupils.pdf

Boingboing: *One Step Forward* - A book about resilient strategies using the Resilience Framework produced by young people <http://www.boingboing.org.uk/one-step-forward-young-people-care/>

www.teenmentalhealth.org – Teen Mental Health:

A Canadian website with lots of free downloadable resources dedicated to helping teenagers and the people who care about them to understand mental health issues such as Social Anxiety Disorder, ADHD, Schizophrenia and Brain Injury. It helps young people and those who care about them to understand how to help prevent mental health issues by giving tips on how to achieve healthy sleep, understand the teen brain, cope with bereavement, self-harm and suicide to name a few. This resource also aims to strengthen parent-teenage relationships by helping parents and carers to understand their teens as well as empower teenagers to notice the signs of when a parent or carer might be experiencing their own mental health issues.

<http://www.bbc.co.uk/programmes/p0215sqv> – BBC Advice:

A free advice resource for young people and teenagers to help them to manage issues which may cause or exacerbate mental health issues. The advice centres on 8 categories: Sex & Relationships, Drink & Drugs, Bullying, Studying & Work, Your Body, Health & Wellbeing, Friends, Family & Home and The Internet, Money & Your World. Example webpages include: 'How to Manage Exam Stress', 'Eating Disorders', 'Anger, Fighting & Aggression', and 'Self-Confidence & Shyness'.

<https://www.griefencounter.org.uk> – Grief Encounter:

A UK organization dedicated to helping children, teenagers and their families through bereavement through a helpline accessed using the phone number 0208 371 8455, from 9am to 5pm from Monday to Friday, or an email service msupport@griefencounter.org.uk, where emails will be responded to by a qualified advisor. In terms of resources which are specifically for young people, Grief Encounter has a section for young people aimed at facilitating 'Good Grief Days' and a downloadable grief guide for teenagers -<http://www.griefencounter.org.uk/wp-content/uploads/2015/09/I2583-Teenagers-Guide.pdf>.

<http://epicfriends.co.uk/> – Epic Friends:

A website built by Sheffield CAMHS aimed at helping young people to help their friends who are experiencing mental health difficulties around issues such as: bullying, identity, depression, psychosis, ADHD, family issues and self-harm. It also includes a section on self-help for young people

Royal College of Psychiatrists: Worries and anxieties: Information for young people - This leaflet describes the different types of anxieties that children might feel, giving them tips and resources to help them manage their anxiety. This resource is free and easily printable by using the 'print this leaflet' link on the right hand side.

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/worriesandanxieties.aspx>.

<https://youngminds.org.uk/find-help/>