

## Child & Adolescent Mental Health- Self Help Resources

There are lots of Self Help publications that you can access online 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. Many self help materials use a cognitive, behavioural or problem-solving approach which many young people have found useful and can provide information which is a good starting point. All information here has been collated from Ref Help pages. 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) -**Young Minds** Information and advice on young people's emotional wellbeing and mental health. Tel: 0808 802 5544

[ww.ru-ok.org.uk](http://ww.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 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 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.health-opportunities.org.uk](http://www.health-opportunities.org.uk) – **Health Opportunities Team.**

Health Opportunities Team - Edinburgh based charity supporting young people aged 12-25 to improve their physical, sexual and emotional health and wellbeing. Trauma informed work includes, therapeutic 1:1, 'Feel Good' groups, weekly drop-ins, 1:1 and group work with young people affected by their own or parental substance use, RSHP education and group work in Schools.

1a Queens Walk, EH16 4EA. Tel 0131 4684600

### **Locality based online mental health information/resources**

<http://edspace.org.uk/> (Edinburgh)

<http://midspace.co.uk/> (Midlothian)

<http://eastspace.org.uk/> (East Lothian)

<http://www.westspace.org.uk/> (West Lothian)

[www.firststepmusselburgh.co.uk](http://www.firststepmusselburgh.co.uk) (Whitecraig and Wallyford)

### **Useful apps:**

Hospichill

Mindshift

What's up

Stop, Breath, Think

**Healthy reading scheme**, available in some Lothian libraries.

1 **Disclaimer:** Whilst all attempts have been made to verify information provided, Ref Help team cannot accept responsibility for errors, omissions or contrary interpretation of the self help subject matter. There is no guarantee of validity or 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.

## **anxiety**

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-and-anxieties>

### **Helpful websites for young people:**

<https://anxietycanada.com/resources/mindshift/>

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

### **Helpful websites for parents:** [www.handsonscotland.co.uk/](http://www.handsonscotland.co.uk/)

[www.ocduk.org](http://www.ocduk.org) - This behaviour can often be the result of anxiety or a change, therefore establishing normal routines may affect a positive change. In addition to advice given under anxiety, please see the Maudsley Hospital on OCD site, which has useful information for young people and children, families and clinicians.

## **low mood/depression**

[www.moodjuice.scot.nhs.uk/depression](http://www.moodjuice.scot.nhs.uk/depression)

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

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

[breathingspace.scot](http://breathingspace.scot) (Telephone helpline: 0800 83 85 87)

[www.nhs24.com/usefulresources/livinglife/](http://www.nhs24.com/usefulresources/livinglife/)

## **self harm**

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

[www.harmless.org.uk/ourResources/downloads](http://www.harmless.org.uk/ourResources/downloads)

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

[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk) (Telephone helpline: 0800 83 85 87)

[www.chooselife.net](http://www.chooselife.net) **Choose Life**- Offer free training e.g. Safe Talk, ASSIST & MH First Aid.

[www.penumbra.org.uk](http://www.penumbra.org.uk) **Penumbra** - Service for 16 and over and advice for parents. Penumbra self harm project. 5 Leamington Terrace Edinburgh, EH10 4JW. Tel 0131 229 6262

**Systemic Family Sessions**- Free service to help families deal with difficult problems.

Email: [cf.systemicfamilytherapy@edinburgh.gov.uk](mailto:cf.systemicfamilytherapy@edinburgh.gov.uk)

## **trauma**

Where children and young people are currently experiencing trauma such as domestic violence, a referral to other agencies such as Police, Social Work or local domestic abuse services are urgently required. Psychological intervention is unlikely to be possible where the child's living situation continues to be insecure and traumatic.

### **Helpful websites:**

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

<https://www.womensaid.org.uk>

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

**Kidscape** - Why My Child - a guide for parents of children who have been sexually abused

West Lothian: The Mental Health and Mental Wellbeing Screening group offers a wide variety of support for children, young people and their families. Please contact the Children and Young Peoples team on Tel. 01506 282948 or email [cypt@westlothian.gov.uk](mailto:cypt@westlothian.gov.uk)

# Compiled by the Lothian Ref Help team from Lothian CAMHS resource list

## counselling

Cross reach Counselling Services - Edinburgh 0131 552 8901- East Lothian 01368 865218  
MYPAS - Midlothian young people's advice service includes counselling and family counselling services. 0131 454 0757

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## bereavement

[www.winstonswish.org.uk](http://www.winstonswish.org.uk) - charity for bereaved children and their families after death of parent or sibling

[www.childbereavement.org.uk](http://www.childbereavement.org.uk) - supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

[www.crusescotland.org.uk](http://www.crusescotland.org.uk) - does support children and young people who are experiencing bereavement - the target youth-specific website from Cruse is [www.rd4u.org.uk](http://www.rd4u.org.uk)

**Edinburgh & Midlothian: Richmond's Hope:** <http://www.richmondshope.org.uk> which provides support to those aged 4-18 who have experienced a significant bereavement. **Tel:** 0131 661 6818  
**Email:** [info@richmondshope.org.uk](mailto:info@richmondshope.org.uk)

## others

### **Local parenting groups (0-16)**

Includes PEEP, Incredible Years, Triple P and Raising Children with Confidence as well as Teen Triple P and Raising Teens with Confidence

<http://www.parentingacrossscotland.org/info-for-families/resources/free-parenting-classes-and-courses/>

[www.joininedinburgh.org/parenting-programmes/](http://www.joininedinburgh.org/parenting-programmes/)

<https://www.edinburgh.gov.uk>

<https://www.westlothian.gov.uk/>

<https://www.eastlothian.gov.uk/>

<https://www.midlothian.gov.uk/>

### **The following organisations provide support and advice to carers:**

[www.kindred-scotland.org](http://www.kindred-scotland.org)

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

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

<https://www.theyardscotland.org.uk/>

[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org) - **Parenting Across Scotland** Info for all parents.

**Parentline Scotland;** Helpline providing support and information Tel: 0800 028 2233

### **Information about positive ways of managing behaviour** can be found at:

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

### **Information about learning disability** can be found at:

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

[www.aspergersyndrome.org](http://www.aspergersyndrome.org) -

[number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk) - Number 6 is a service for autistic adults who fit the following criteria: 16 and over, do not have a learning disability and live in the Lothian or the Scottish Borders.

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[tailoredfoundation.co.uk](http://tailoredfoundation.co.uk) - A contemporary and practical application of behavioural principles and evidence based teaching techniques.

[www.autism.org.uk](http://www.autism.org.uk) - National Autistic Society offers information and support

[www.maggiescentres.org/our-centres/maggie](http://www.maggiescentres.org/our-centres/maggie) - The MAGGIE's Centre at Crewe Road also has resources

[www.mariecurie.org.uk/help](http://www.mariecurie.org.uk/help) - Marie Curie offers information and support

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