

**BERKSHIRE CHILD & ADOLESCENT
MENTAL HEALTH SERVICE**

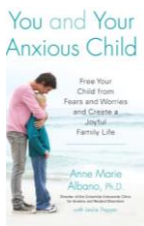
Anxiety and Depression Pathway

Tel: 0118 378 8926

Web: <https://cypf.berkshirehealthcare.nhs.uk>

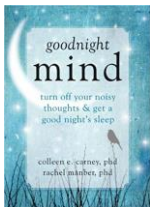
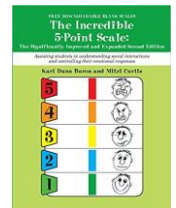
**INFORMATION & RESOURCES FOR YOUNG PEOPLE COPING WITH
ANXIETY AND/OR DEPRESSION AND THEIR FAMILIES**

BOOKS



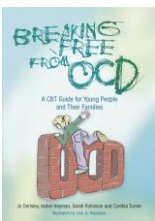
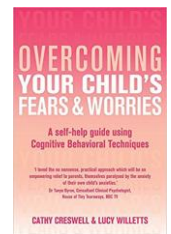
Albano (2013) *You and Your Anxious Child: Free Your Child From Fears and Worries and Create a Joyful Family Life.*

Buron, K. D., & Curtis, M. (2003). *The incredible 5-point scale.* Shawnee Mission.



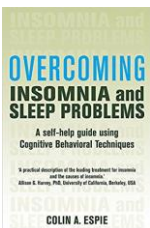
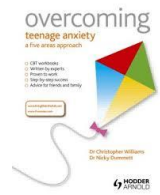
Carney and Manber (2013). *Goodnight Mind: Turn Off Your Noisy Thoughts and Get a Good Night's Sleep.*

Creswell, C. & Willetts, L. (2007). *Overcoming Your Child's Fears and Worries: A self-help guide using cognitive behavioural techniques.* London: Constable & Robinson.



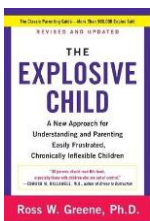
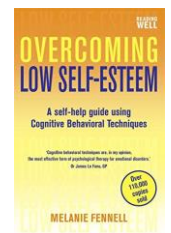
Derisley, J., Heyman, I., Robinson, S., & Turner, C. (2008). *Breaking free from OCD: A CBT guide for young people and their families.* Jessica Kingsley Publishers.

Dummett, N. & Williams, C. (2008). *Overcoming Teenage Anxiety: A five areas approach.* London: Hodder Arnold.



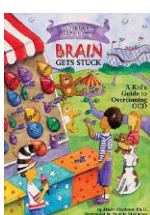
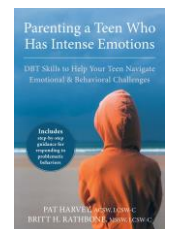
Epsie (2006). *Overcoming Insomnia and Sleep Problems: A Self Help Guide Using Cognitive Behavioural Techniques*

Fennell, M. (1999). *Overcoming Low Self-Esteem: A self-help guide using cognitive behavioural techniques.* London: Constable & Robinson



Greene, R. W. (1999). *The explosive child.* HarperCollins World.

Harvey, P., & Rathbone, B. H. (2015). *Parenting a teen who has intense emotions: DBT skills to help your teen navigate emotional and behavioral challenges.* New Harbinger Publications.



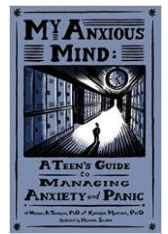
Huebner, D. (2008). *What to do when your brain gets stuck: A kid's guide to overcoming OCD.* Recording for the Blind & Dyslexic.

Kennerley, H. (1997). *Overcoming Anxiety: A self-help guide using cognitive behavioural techniques.* London: Constable & Robinson.

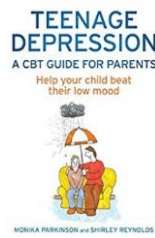




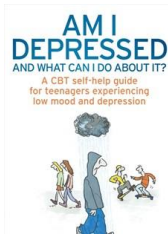
Mears, K. & Freeston, M. (2008). *Overcoming Worry*. London: Constable & Robinson.



Michael, Tompkins & Martinez (2009) *My anxious Mind: A Teen's Guide to Managing Anxiety and Panic*.



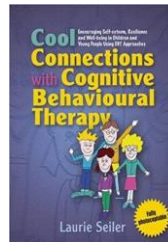
Parkinson, M. & Reynolds, S. (2015). *Teenage Depression – A CBT Guide for Parents: Help your child beat their low mood*. London: Constable.



Reynolds, S. & Parkinson, M. (2015). *Am I Depressed and What Can I Do About It?: A CBT self-help guide for teenagers experiencing low mood and depression*. London: Constable.



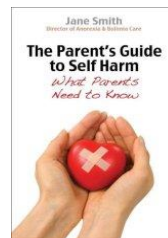
Schmidt, U. & Davidson, K. (2004). *Life After Self-Harm: A guide to the Future*. Hove: Brunner-Routledge.



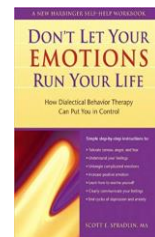
Seiler, L. (2008). *Cool Connections with Cognitive Behavioural Therapy: Encouraging self-esteem, resilience and well-being in children and young people using CBT approaches*. London: Jessica Kingsley Publishers.



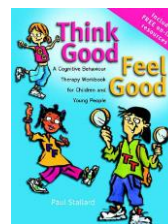
Silove, D. & Manicavasagar, V. (1997). *Overcoming Panic and Agoraphobia: A self-help guide using cognitive behavioural techniques*. London: Constable & Robinson.



Smith, J. (2012). *The Parent's Guide to Self-Harm: What parents need to know*. Oxford: Lion.



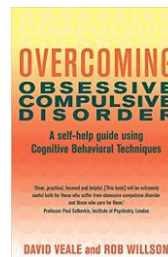
Spradlin, S. E. (2010). *Don't let your emotions run your life: How dialectical behavior therapy can put you in control*.



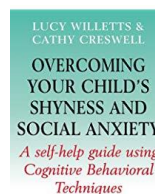
Stallard, P. (2002). *Think Good – Feel Good: A cognitive behaviour therapy workbook for children and young people*. Chichester: John Wiley & Sons. (plus additional online resources after purchasing book)



Taylor (2015) *Cutting Down: A CBT workbook for treating young people who self harm*



Veale, D. & Willson, R. (2005). *Overcoming Obsessive Compulsive Disorder: A self-help guide using cognitive behavioural techniques*. London: Constable & Robinson.



Willetts, L. & Creswell, C. (2007). *Overcoming Your Child's Shyness & Social Anxiety: A self-help guide using cognitive behavioral techniques*. London: Constable & Robinson.

WEBSITES

Berkshire CAMHS (information on mental health problems for young people and their parents)

<http://www.berkshirehealthcare.nhs.uk/camhs/for-parents.asp>

<http://www.berkshirehealthcare.nhs.uk/camhs/for-young-people.asp>

Mental Health Self-Help Guides

www.ntw.nhs.uk/pic

Short booklets on various topics, including a range of anxiety problems and depression.

Booklets mainly aimed at adults but provide clear and simple strategies



NHS
Northumberland,
Tyne and Wear
NHS Foundation Trust



www.livinglifetothefull.com

A useful website with a range of booklets, worksheets and computer-based self-help modules

<http://www.moodjuice.scot.nhs.uk/>

A self-help site full of resources and booklets for dealing with depression, anxiety and other difficulties



<https://moodgym.anu.edu.au>

A free web-based CBT programme, which includes modules on assertiveness and interpersonal skills



www.getselfhelp.co.uk

Offers CBT self-help information, resources and worksheets



www.stem4.org.uk

A teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage



Royal College of Psychiatrists

<http://www.rcpsych.ac.uk/expertadvice.aspx>

Evidence-based information leaflets about mental health problems and treatments



The National Child Traumatic Stress Network

<http://www.nctsn.org/resources/audiences/parents-caregivers>

Information and resources for parents and caregivers of children who have had traumatic experiences



Mental Health Foundation

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

Information about mental health difficulties, treatments and how to get help



<http://www.sane.org.uk/>

This website provides real stories of individuals living with mental health difficulties as well as providing online forums, facts and guides



SANE

<https://twitter.com/Headspace>

This twitter account provides stories of individuals living with mental health difficulties and provides motivation and advice for those in their recovery



Minds need training too

<http://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias>

Support website for young people with OCD, phobias and other anxieties including a helpline and online chat for advice



<https://www.futurelearn.com/>

This digital education platform provides access to online courses from a variety of universities on numerous topics, i.e. Depression, Anxiety, & Understanding CBT



www.ocd-uk.org

Offers a wealth of information about OCD, including: overcoming OCD; OCD in the news; and interviews and stories of those coping with OCD. Also provides evidence-based information, and support for those affected by the disorder.



www.ocdaction.org.uk

This website provides support and information to anybody affected by OCD, works to raise awareness of the disorder amongst the public and front-line healthcare workers, and strives to secure a better deal for people with OCD.



https://www.youtube.com/watch?v=LGHSuB_-bk

The film, called 'OCD is not me', was made in partnership with OCD Action, and South London and Maudsley NHS Foundation Trust. It features patients from across the UK who have been diagnosed with OCD and received treatment for it in the hope it will provide support for other children and their families.

APPS



ReachOut WorryTime Note down worries throughout the day and set aside some time each day to address them allowing you to get on with your day (available for free on both Android and iTunes)



Calm Harm Provides tasks to help resist and manage the urge to self-harm (available for free on both Android and iTunes)



Headspace Meditation and mindfulness programmes aimed at targeting all varieties of anxiety and stress. A free basic pack and then requires a subscription (available in both Android and iTunes)



Calm Meditation programmes for all levels with varying lengths and the ability to track your progress (available for free on both Android and iTunes)

CBT thought record diary Thought diary to help identify negative thinking patterns alongside CBT (available for free on both Android and iTunes)



Mood Tools Contains a thought diary, suggested activities, safety plan and the ability to track your symptoms (available for free on both Android and iTunes)



MeeTwo Forum for adolescent anxiety for posting problems, sharing solutions and accessing help and educational materials, all content is constantly moderated (available for free on both Android and iTunes)



Smiling Mind Access to simple, guided meditation anywhere, anytime (available for free on both Android and iTunes)

Breathe with me Online app that helps young children learn deep breathing techniques to help relax (<https://breathewithme.co.uk>)



Talk Life <https://talklife.co/what-is-talklife/> Online mental health peer support network for people aged 16+ (available for free)



SAM (Self-help for anxiety management) Online self-help based on CBT including psycho-education, self-monitoring diaries and relaxation. The app also has a closed online forum for peer support. (Available for free on both Android and iTunes)



CBT-i Coach CBT based help to manage sleep. Psycho-education on sleep, a diary to monitor sleep patterns, how to use sleep restriction and relaxation and thought balancing techniques. (Available for free on both Android and iTunes)



Self-help Online version of 23 self-help guides including; anxiety, panic, depression, OCD, sleeping problems, self-harm and stress. (Available for free on both Android and iTunes)

SUPPORT ORGANISATIONS

Connexions (Information and advice for young people aged 13 to 19)

Tel: 0845 408 5001

www.connexions-berkshire.org.uk

Rethink (Provides information and a helpline for anyone affected by mental health problems)

www.rethink.org

Helpline **0300 500 0927**

Mind (Provides information on mental health problems and treatments)

www.mind.org.uk

Helpline **0300 123 3393** (Mon-Fri 9am – 5pm)

No Panic (National organisation providing information about anxiety disorders)

www.nopanic.org.uk

ADDITIONAL SUPPORT FOR TIMES OF CRISIS

Telephone support:

Childline 0800 11 11 (free confidential 24 hour helpline for young people up to the age of 19)

Samaritans 08457 90 90 90 (free confidential 24 hour helpline)

Papyrus HOPELineUK 0800 068 41 41 (free confidential helpline for anyone concerned about a young person at risk of harming themselves. Open weekdays 10am – 5pm, 7pm – 10pm; weekends 2pm – 5pm)

Online support:

If you are a young person and you would prefer to speak to a counsellor online:

<http://www.childline.org.uk/talk/chat/pages/onlinechat.aspx> (or you can exchange emails with a counsellor. Website also includes message boards and 'Ask Sam' information tool)

<http://www.papyrus-uk.org/support/for-you> (advice and support for young people dealing with self-harm and emotional distress and for those who are worried about them).

Harmless www.harmless.org.uk (user-led organisation that includes a range of information and support for people who self harm)

Childline www.childline.org.uk

Free online course for parents and families called '**Understanding Low Mood and Depression in Young People**' November 6th for 5 weeks. <https://www.futurelearn.com/courses/depression-young-people?lr=38>

Face to face support

If you would prefer to see someone face to face:

Samaritans are open from 9am to 10pm, seven days a week at:

59A Cholmeley Road Reading RG1 3NB (it's best to phone first, tel: 0118 926 6333)

Additional resources for parents and carers:

Family lives (national charity offering free support and advice services to parents and carers on any aspect of parenting or family life, including bullying)

www.familylives.org.uk (email and live online support available through website)

Tel: Parentline **0808 800 2222**

Young Minds (charity committed to improving the mental health of young people. Support for those worried about a young person's behaviour or mental health)

www.youngminds.org.uk/for_parents

Parent's Helpline **0808 802 5544** (free helpline, open Mon-Fri 9.30am – 4pm, or chat online weekdays 11am – 1pm)

<http://www.papyrus-uk.org/support/for-parents> (advice and support for young people dealing with self-harm and emotional distress and for those who are worried about them).

What if my child's problems get worse while we are on the waiting list?

Unfortunately there may be a wait until your assessment/therapy begins, but if you have concerns that your anxiety or low mood (or your child's anxiety or low mood if you are a parent) are getting worse, please contact us on 0118 3788926. Our admin team will arrange for a clinician to call you back to discuss things with you.

In an emergency, either call 999 or take your child to Accident & Emergency. If it's not an emergency, but is urgent, you can telephone BHFT Mental Health Crisis Team on 0300 365 9999 or contact your GP.