



## CAMHS useful links for parents and young people

### Website

### Description

#### Bullying

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

Bullying UK (advice parents and schools)

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

Support and information regarding bullying

#### ASD/Autism/LD/ADHD

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

Challenging behaviour foundation

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

For BME families managing ASD

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

The national attention deficit disorder information and support service

<https://thegirlwiththecurlyhair.co.uk>

Asperger's syndrome

#### Eating disorders

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

Charity supporting anyone affected by eating disorders, anorexia, bulimia or any other difficulties with food, weight and shape.

[//dwed.org.uk/](http://dwed.org.uk)

Diabetics with eating disorders - support information

#### Parental support

[/familylives.org.uk](http://familylives.org.uk)

Previously parent line- online forums and parent courses

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

Website for single parents- online forum, courses and information

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

Parent Zone

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

Parent support group- helpline and advice

<a href="https://www.dad.info/">https://www.dad.info/</a>	Website has articles, podcasts etc
<a href="http://www.minded.org.uk">www.minded.org.uk</a>	Module especially for families – parents and carers who are looking for advice and tips about CYP mental health, alongside existing modules for professionals
<a href="http://mycamhschoices.org/">mycamhschoices.org/</a>	Explains what young people and families can expect when they visit CAMHS
<b>Websites aimed at supporting children and young people</b>	
<a href="http://www.bigwhitewall.com">www.bigwhitewall.com</a>	16+ online supportive community
<a href="http://www.listeningears.org">www.listeningears.org</a>	Young women aged 13-19 years
<a href="http://www.nhsgo.uk/">http://www.nhsgo.uk/</a>	Health information and advice for young people in London
<a href="http://m.talktofrank.com/">http://m.talktofrank.com/</a>	Info about substances/drugs
<a href="http://www.youngminds.org">www.youngminds.org</a>	Information and advice
<a href="https://kooth.com/">https://kooth.com/</a>	Online counselling available depending on the location of the parent/young person
<a href="http://www.mind.org.uk">www.mind.org.uk</a>	MIND
<a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a>	Royal College of Psychiatrists info, suggested reading and websites in the young people's section
<a href="http://www.childline.org.uk">www.childline.org.uk</a>	Child line
<a href="http://www.docready.org">http://www.docready.org</a>	Helps you get ready for the first time you visit a doctor to discuss your mental health
<a href="http://www.headscapegreenwich.co.uk">http://www.headscapegreenwich.co.uk</a>	Developed by Oxleas for young people who live in Greenwich or Bexley. If you live outside these areas, you may still use the website, but certain features will not be available to you.
<a href="http://www.headscapebexley.co.uk">http://www.headscapebexley.co.uk</a>	
<a href="https://www.cwmt.org.uk/resources">https://www.cwmt.org.uk/resources</a>	Resources for schools, young people and parents on depression
<a href="http://www.samaritans.org">www.samaritans.org</a>	Samaritans accept calls from all ages and provide a young people's emotional health resource
<a href="http://www.themix.org.uk/">www.themix.org.uk/</a>	Offers support to young people under 25

## Medicines info

[www.headmeds.org.uk/about-this-site/headmeds-objectives](http://www.headmeds.org.uk/about-this-site/headmeds-objectives)

HeadMeds is from Young Minds and is for young people to help make choices about medicines

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

Medicines for children

[www.gosh.nhs.uk/medical-information-0](http://www.gosh.nhs.uk/medical-information-0)

Great Ormond Street website with useful info