

## Some Suggestions of Useful Mental Health Resources

### ○ ORGANISATIONS

- Young Minds: <https://youngminds.org.uk/find-help/conditions/anxiety/#treating-anxiety>
- NHS Choice: <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>
- Mental Health Foundation: [https://www.mentalhealth.org.uk/sites/default/files/anxious\\_child.pdf](https://www.mentalhealth.org.uk/sites/default/files/anxious_child.pdf)
- Childline: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>
- Anxiety UK: <https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

### ○ SCREENING TOOLS

- Paediatric Index of Emotional Distress
  - <https://www.gl-assessment.co.uk/products/paediatric-index-of-emotional-distress-pi-ed/>
- Hospital Anxiety and Depression Scale
  - <https://www.gl-assessment.co.uk/products/hospital-anxiety-and-depression-scale-hads/>

### ○ WEB SITES

- <http://www.youthaccess.org.uk/our-work/our-work>
- <https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>
- <https://kidshealth.org/en/parents/anxiety-disorders.html>
- <https://www.nopanic.org.uk/youth-services-2016/>

### ○ BOOKS

- The Huge Bag of Worries by Virginia Ironside
- What To Do When You Worry Too Much by Dawn Heubner (for children)
- Helping Your Anxious Child: A Step-by-step Guide for Parents by Ronald Rapee (for parents)
- Parent-Led CBT For Child Anxiety by C Creswell, M Parkinson, K Thirlwall, L Willets (for professionals)

### ○ APPS

- **Moodtools:** self-help mental health **app** to help people suffering from clinical depression, using CBT principals  
<http://www.moodtools.org>
- **Catch It:** uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things

[https://play.google.com/store/apps/details?id=uk.ac.liv.catchit&hl=en\\_GB](https://play.google.com/store/apps/details?id=uk.ac.liv.catchit&hl=en_GB)

- **Headspace:** A subscription-based mindfulness app recommended by a service user in the paediatric chronic pain management service  
<https://www.headspace.com/>
- **Calm:** Guided meditation sessions are available in lengths  
<https://www.calm.com/>
- **Positive Penguins:** an educational app to help children understand feelings, build self-esteem and optimism  
<http://positivepenguins.com>
- **Stop, Breathe, Think:** calming anxiety aimed at 5-10 year olds  
<https://www.stopbreathethink.com/kids/>
- **HospiChill** aims to reduce anxiety associated with hospital appointments  
<http://hospichill.net/>
- **SAM** helps you to manage and understand anxiety  
<http://sam-app.org.uk/>

## ○ MENTAL HEALTH SERVICES for children

- CAMHS
- OneStop

CYP-IAPT: Children and Young People - Improving Access to Psychological Therapies, *CBT*

<https://cypiapt.com>

## ○ PARENT ANXIETY

- What is IAPT?  
<https://www.england.nhs.uk/mental-health/adults/iapt/>

- Finding IAPT Services?  
[https://www.nhs.uk/Service-Search/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/Service-Search/Psychological%20therapies%20(IAPT)/LocationSearch/10008)

- Mindfulness - 'Be Mindful Online' is an onlinemindfulness course offered by the Mental Health Foundation. Research on the online course in 2013 found that for the 273 people that completed the course, there was, on average, a **58% reduction** in anxiety levels.

<https://www.bemindfulonline.com>