



CAMHS useful links for parents and young people

Website

Description

Bullying

www.bullying.co.uk

Bullying UK (advice parents and schools)

www.kidscape.org.uk

Support and information regarding bullying

ASD/Autism/LD/ADHD

www.challengingbehaviour.org.uk

Challenging behaviour foundation

www.stmichaelassociates.org.uk

For BME families managing ASD

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

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

Website for single parents- online forum, courses and information

www.parentzone.org.uk

Parent Zone

www.psg.org.uk

Parent support group- helpline and advice

<https://www.dad.info/>

Website has articles, podcasts etc

www.minded.org.uk

Module especially for families – parents and carers who are looking for advice and tips about CYP mental health, alongside existing modules for professionals

mycamhschoices.org/

Explains what young people and families can expect when they visit CAMHS

Websites aimed at supporting children and young people

www.bigwhitewall.com

16+ online supportive community

www.listeningears.org

Young women aged 13-19 years

<http://www.nhsgo.uk/>

Health information and advice for young people in London

<http://m.talktofrank.com/>

Info about substances/drugs

www.youngminds.org

Information and advice

<https://kooth.com/>

Online counselling available depending on the location of the parent/young person

www.mind.org.uk

MIND

www.rcpsych.ac.uk/healthadvice/parentsand youthinfo/resources.aspx

Royal College of Psychiatrists info, suggested reading and websites in the young people's section

www.childline.org.uk

Child line

<http://www.docready.org>

Helps you get ready for the first time you visit a doctor to discuss your mental health

<http://www.headscapegreenwich.co.uk>

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.

<http://www.headscapebexley.co.uk>

<https://www.cwmt.org.uk/resources>

Resources for schools, young people and parents on depression

www.samaritans.org

Samaritans accept calls from all ages and provide a young people's emotional health resource

www.themix.org.uk/

Offers support to young people under 25

Medicines info

www.headmeds.org.uk/

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

www.medicinesforchildren.org.uk/

Medicines for children

www.gosh.nhs.uk/medical-information-0

Great Ormond Street website with useful info