

# Resources for Mental Health for Children and Teenagers

## Books:

- *The Anxiety Survival Guide for Teens* by Jennifer Shannon
- *Starving the Anxiety Gremlin* by Kate Collins-Donnelly
- *Teenage Depression - a CBT guide for Parents* by Shirley Reynolds and Monika Parkinson
- *Am I Depressed and What Can I Do About It?* by Shirley Reynolds and Monika Parkinson
- *How to Talk So Kids Will Listen and Listen So Kids Will Talk (also do little kids and teens)* by Joanna Faber and Julie King

## Websites (anxiety, stress, depression)

- <https://Kooth.com>
- <https://youngminds.org.uk/>
- <https://www.stopbreathethink.com/>
- <https://www.studentsagainstd Depression.org/>
- <http://www.stressandanxietyinteenagers.co.uk/>

## Drugs and alcohol

- <http://www.adfam.org.uk/home>
- <http://www.familylives.org.uk/advice/teenagers/drugsalcohol/>
- <http://www.talktofrank.com>
- <http://knowthescore.info/>
- <http://www.healthtalk.org/young-peoples-experiences/drugs-and-alcohol/>

## Eating disorders

- [www.anorexiabulimiare.org.uk/](http://www.anorexiabulimiare.org.uk/)
- [www.b-eat.co.uk](http://www.b-eat.co.uk)
- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/#.XEwfdvzgrRY>



## Info for parents dealing with teen issues

- <http://www.handsonscotland.co.uk/school-refusal/>
- <http://www.familylives.org.uk/advice/teenagers/behaviour/how-do-you-discipline-teenagers/>

## Bereavement support

- CRUSE Scotland (<http://www.crusescotland.org.uk/>)
- The Little Website ([www.littlewebsite.org](http://www.littlewebsite.org))
- The Smart Grief Guide ([www.smartgriefguide.co.uk](http://www.smartgriefguide.co.uk))
- Hope Again ([www.hopeagain.org.uk](http://www.hopeagain.org.uk))
- Child Bereavement UK ([www.childbereavementuk.org](http://www.childbereavementuk.org))
- Winston's Wish (<https://www.winstonswish.org>)

## Apps

- Calmharm (if any self harming)
- Smilingmind–Mindfulness app
- SAM:Self-help for Anxiety Management
- Distract (selfharm)
- Mindshift (anxiety,sleep)
- Headspace (meditation and mindfulness)