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Useful Resources sheet

Feelings and behaviour can be difficult things to manage for everyone at some time. We are giving this leaflet to everyone who has taken part in our research at your school. It includes information about different types of support that you and/or your friends might find useful.

Support & Advice

Staff at your school

If you are having problems at school, whether it's keeping up in lessons, managing your homework, or getting on with others in your class, your Head of Year can help. They will talk to you about what you're finding difficult, and think about what could help. You can also speak to any staff member at school who can point you in the right direction.

Your General Practitioner (GP) (contact details vary)

Your GP will be able to offer support and advice on possible treatment options for any mental health difficulties. It can be helpful to take someone with you if you are not used to talking to them.



Time to Talk Counselling Service

This is a counselling service available in various locations in Reading and Newbury. To find out more, go to <http://t2twb.org/> Tel: 0118 903 5151, Email: office@t2twb.org



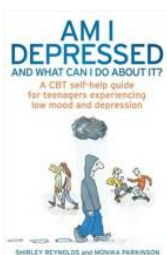
Number 5 Counselling Service

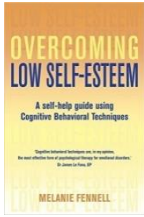
This is another counselling service available in Reading town centre. To find out more, go to: <http://no5.org.uk/> Tel: 0118 901 5668.



Books

Am I depressed? And what can I do about it? A CBT self-help guide for teenagers experiencing low mood and depression. Authors: Shirley Reynolds, & Monika Parkinson (2015). Publishers: Constable & Robinson. This book is written for teenagers, and is available from your library and on Amazon.





Overcoming Low Self-Esteem: A self-help guide using cognitive behavioural techniques. Author: Melanie Fennell (1999). Publisher: Constable & Robinson.

This book is a really easy to read guide on how to overcome difficulties with low self-esteem, a common problem for many young people.

Websites



Young Minds:
www.youngminds.org.uk/

YoungMinds is a charity committed to improving the mental health of young people. The website has information leaflets and ways to get support.



Northumberland self-help: <https://www.ntw.nhs.uk/pic/selfhelp/>

This website has some great free to download self-help leaflets, including ones on anxiety, depression, anger, and self-harm.



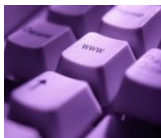
Mood Juice: <http://www.moodjuice.scot.nhs.uk/>

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



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

Free web-based Cognitive-Behaviour Therapy (CBT) programme.



Childline: www.childline.org.uk

Lots of useful information. You can also email or speak to a counsellor online:
<http://www.childline.org.uk/talk/chat/pages/onlinechat.aspx>

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

Helplines



Childline: 0800 11 11

Free confidential 24hr helpline for young people up to 19yrs old.



Samaritans: 08457 90 90 90

Free confidential 24 hour helpline.

HOPELineUK 0800 068 41 41

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.



Get Connected: 0808 808 4994

Free, confidential help for a wide range of issues for young people under 25. They also have a website: <http://www.getconnected.org.uk/>