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INFORMATION & RESOURCES FOR YOUNG PEOPLE COPING WITH

ANXIETY AND/OR DEPRESSION AND THEIR FAMILIES

WEBSITES

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) (offers CBT self-help information, resources and worksheets)

Mental Health Self-Help Guides [www.ntw.nhs.uk/pic](http://www.ntw.nhs.uk/pic) (short booklets on various topics including a range of anxiety problems and depression. Booklets mainly aimed at adults but provide clear and simple strategies)

[www.livinglifetothefull.com](http://www.livinglifetothefull.com) (a useful website with a range of booklets, worksheets and computer-based self-help modules)

<https://moodgym.anu.edu.au> (free web-based CBT programme, which includes modules on assertiveness and inter-personal skills)

The Site (online guide to life for young people 16 years and over)

<http://www.thesite.org>

Royal College of Psychiatrists

<http://www.rcpsych.ac.uk/expertadvice.aspx> (Evidence-based information leaflets about mental health problems and treatments)

The National Child Traumatic Stress Network

<http://www.nctsn.org/resources/audiences/parents-caregivers> (information and resources for parents and caregivers of children who have had traumatic experiences)

Mental Health Foundation

<http://mentalhealth.org.uk> (information about mental health difficulties, treatments and how to get help)

Berkshire CAMHS (information on mental health problems for young people and their parents)

<http://www.berkshirehealthcare.nhs.uk/camhs/for-parents.asp>

<http://www.berkshirehealthcare.nhs.uk/camhs/for-young-people.asp>

[www.ocd-uk.org](http://www.ocd-uk.org) (offers a wealth of information about OCD)

[www.ocdaction.org.uk](http://www.ocdaction.org.uk) (lots of information and support for people with OCD)

SUPPORT ORGANISATIONS

**Connexions** (Information and advice for young people aged 13 to 19)

Tel: 0845 408 5001

[www.connexions-berkshire.org.uk](http://www.connexions-berkshire.org.uk)

**Rethink** (Provides information and a helpline for anyone affected by mental health problems)

[www.rethink.org](http://www.rethink.org)

Helpline **0300 500 0927**

**Mind** (Provides information on mental health problems and treatments)

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

Helpline **0300 123 3393** (Mon-Fri 9am – 5pm)

**Cruse** (Helpline for bereaved people and those caring for bereaved people)

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

Helpline **0844 477 9400**

**Depression Alliance** (National charity providing information and articles about depression)

<http://www.depressionalliance.org>

**No Panic** (National organisation providing information about anxiety disorders)

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

**Talking About Cannabis** (support and information for anyone who has been affected by cannabis, including a specific link for families)

<http://www.talkingaboutcannabis.com>

**Talk to Frank** (confidential drug advice service. Provides live online chat, 2pm-6pm, and email or phone contact)

Tel: 0800 77 66 00

<http://www.talktofrank.com>

**Additional resources for parents and carers:**

**Family lives – Parentline** (national charity offering free support services to parents and carers)

[www.familylives.org.uk](http://www.familylives.org.uk) (email and live online support available through website)

Tel: Parentline **0808 800 2222**

**Young Minds** (charity committed to improving the mental health of young people. Support for those worried about a young person’s behaviour or mental health)

[www.youngminds.org.uk/for\_parents](http://www.youngminds.org.uk/for_parents)

Parent’s Helpline **0808 802 5544** (free helpline, open Mon-Fri 9.30am – 4pm, or chat online weekdays 11am – 1pm)

**MindEd** (free educational resource on children and young people’s mental health for all adults)

<https://www.minded.org.uk/>

**Online safety info for parents and carers:**

**Internet Matters** (A not-for-profit organisation whose purpose is to help keep children safe in the digital world. Backed by the UK’s most prominent internet industry players and supported by leading child online safety experts, they aim to offer you the best advice and information available on tackling e-safety issues).

[www.internetmatters.org](http://www.internetmatters.org)

BOOKS

Creswell, C. & Willetts, L. (2007). *Overcoming Your Child’s Fears and Worries: A self-help guide using cognitive behavioural techniques.* London: Constable & Robinson.

Dummett, N. & Williams, C. (2008). *Overcoming Teenage Low Mood and Depression: A five areas approach.* London: Hodder Arnold.

Fennell, M. (1999). *Overcoming Low Self-Esteem: A self-help guide using cognitive behavioural techniques.* London: Constable & Robinson.

Gilbert, P. (1997). *Overcoming Depression: A self-help guide using cognitive behavioural techniques.* London: Constable & Robinson.

Kennerley, H. (1997). *Overcoming Anxiety: A self-help guide using cognitive behavioural techniques.* London: Constable & Robinson.

Mears, K. & Freeston, M. (2008). *Overcoming Worry.* London: Constable & Robinson.

OCTC self-help booklets (A range of brief self-help booklets for different anxiety problems and depression. Booklets aimed mainly at adults but provide clear summaries of basic cognitive-behavioural approaches)

[www.octc.co.uk/online-shop](http://www.octc.co.uk/online-shop)

Parkinson, M. & Reynolds, S., (2015). *Teenage Depression: A CBT Guide For Parents.* Hachette UK.

Reynolds, S. & Parkinson, M. (2015). *Am I Depressed And What Can I Do About It?: A CBT self-help guide for teenagers experiencing low mood and depression*. Hachette UK.

Seiler, L. (2008). *Cool Connections with Cognitive Behavioural Therapy: Encouraging self-esteem, resilience and well-being in children and young people using CBT approaches*. London: Jessica Kingsley Publishers

Silove, D. & Manicavasagar, V. (1997). *Overcoming Panic and Agoraphobia: A self-help guide using cognitive behavioural techniques.* London: Constable & Robinson.

Stallard, P. (2002). *Think Good – Feel Good: A cognitive behaviour therapy workbook for children and young people.* Chichester: John Wiley & Sons. (plus additional online resources after purchasing book <http://www.wileyeurope.com/go/thinkgoodfeelgood> )

Wells, J. (2006). Touch and Go Joe: An adolescent’s experience of OCD. London: Jessica Kingsley Publishers.

Willetts, L. & Creswell, C. (2007). *Overcoming Your Child’s Shyness & Social Anxiety: A self-help guide using cognitive behavioral techniques.* London: Constable & Robinson.

ADDITIONAL SUPPORT FOR TIMES OF CRISIS

**Telephone support:**

**Childline** **0800 11 11** (free confidential 24 hour helpline for young people up to the age of 19)

**Samaritans** **08457 90 90 90** (free confidential 24 hour helpline)

**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)

**Online support:**

If you are a young person and you would prefer to speak to a counsellor online:

<http://www.childline.org.uk/talk/chat/pages/onlinechat.aspx> (or you can exchange emails with a counsellor. Website also includes message boards and ‘Ask Sam’ information tool)

Other online resources:

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

**Harmless** [www.harmless.org.uk](http://www.harmless.org.uk) (user-led organisation that includes a range of information and support for people who self harm)

**Childline** [www.childline.org.uk](http://www.childline.org.uk)

**Face to face support**

If you would prefer to see someone face to face:

**Samaritans** are open from 9am to 10pm, seven days a week at:

**59A Cholmeley Road Reading RG1 3NB** (it’s best to phone first, tel: 0118 926 6333)