

Children and young people mental health resource list created November 2018. This list is not exhaustive but aims to provide some suggestions of resources. Please check availability and suitability of the resource before using and recommending to others. Health and Social Care Moray is not liable for the use of these resources.

Children and Young People Mental Health Resources List



Books	
The Moray Libraries Reading Well Collection for young people (13-18 year olds):	
https://capitadiscovery.co.uk/moray/lists/1e1a54f6-d9fe-439a-b600-8edc4987dc79 (many of these books are also available in the Moray School Libraries)	
Socialworkerstoolbox.com:	
Range of books available for practitioners to download: http://www.socialworkerstoolbox.com	
Below is a selection of books not listed in Reading Well Collection or available to download on www.socialworkerstoolbox.com:	
General Mental Health	
Title and Author	Age/Audience/Description
The Incredible Years: A trouble shooting guide for parents of children aged 2 – 8 years by Carolyn Webster-Stratton	2-8 year olds Practitioners/Parents/Carers/ Young Children Website - http://www.incredibleyears.com/
Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids by Carol McCloud	4-9 year olds Practitioners/Parents/Carers/Young Children
Positively Teenage: A positively brilliant guide to teenage wellbeing by Nicola Morgan	Practitioners/Parents/Carers/Teenagers
Mind Your Head by Juno Dawson	Practitioners/Parents/Carers/Teenagers
Are We All Lemmings and Snowflakes? By Holly Bourne	Focuses on fitting in and feeling normal Practitioners/Parents/Carers/Teenagers
Am I Normal Yet? By Holly Bourne	Focuses on feminism and friendship Practitioners/Parents/Carers/Teenagers
Stuff that Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can by Ben Sedley	Practitioners/Parents/Carers/Teenagers
The Teenage Guide to Friends by Nicola Morgan	Practitioners/Parents/Carers/Teenagers
Blame my Brain: the Amazing Teenage Brain Revealed by Nicola Morgan	Focuses on teenage brain development Practitioners/Parents/Carers/Teenagers
Do the Right Thing: A Teenager's Survival Guide for Tricky Situations by Jane Goldman	Practitioners/Parents/Carers/Teenagers
Anger	
Title and Author	Age/Audience/Description
Starving the Anger Gremlin for Children: A Cognitive Behavioural Therapy Workbook on Anger Management by Kate Collins-Donnelly	5-9 year olds Practitioners/Parents/Carers/Children
A Volcano In My Tummy: Helping Children to Handle Anger by Warwick Pudney and Elaine Whitehouse	6-15 year olds Practitioners/Parents/Carers/Children and Young People

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Anxiety	
Title and Author	Age/Audience/Description
The Huge Bag of Worries by Virginia Ironside	3-8 year olds Practitioners/Parents/Carers/Children
Starving the Anxiety Gremlin by Kate Collins Donnelly	Version for 5-9 year olds Version children 10 years old and above Practitioners/Parents/Carers/Children
What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner and Bonnie Matthews	6-12 year olds Practitioners/Parents/Carers/Children
No Worries! An Activity Book for Young People Who Sometimes Feel Anxious or Stressed by Lily Murray and Katie Abey	7 + year olds Practitioners/Parents/Carers/Children and Young People
All Birds Have Anxiety by Kathy Hoopmann	Practitioners/Parents/Carers/Children and Young People
The Teenage Guide to Stress by Nicola Morgan	Practitioners/Parents/Carers/Teenagers
The Anxiety Survival Guide for Teens by Jennifer Shannon	Practitioners/Parents/Carers/Teenagers
Fighting Invisible Tigers: Stress Management for Teens by Earl Hipp	Practitioners/Parents/Carers/Teenagers
Depression	
Title and Author	Age/Audience/Description
Living with a Black Dog by Ainsley Johnstone and Matthew Johnstone	Practitioners/Parents/Carers/Teenagers
Night Shift by Debi Gliori	Practitioners/Parents/Carers/Teenagers
Depression: A Teen's Guide to Survive and Thrive by Jacqueline B. Toner and Claire A. B. Freeland	Practitioners/Parents/Carers/Teenagers
Eating	
Title and Author	Age/Audience/Description
Wintergirls by Laurie Halse Anderson	Focuses on Anorexia Practitioners/Parents/Carers/Teenagers
Tyranny: I keep you thin by Lesley Fairfield	Focuses on Anorexia Practitioners/Parents/Carers/Teenagers
Nothing Tastes As Good by Clair Hennessy	Focuses on weight and food Practitioners/Parents/Carers/Teenagers
Holding up the Universe by Jennifer Niven	Focuses on weight and food Practitioners/Parents/Carers/Teenagers
Relaxation and Mindfulness	
Title and Author	Age/Audience/Description
Sitting Still like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel	5-12 year olds Practitioners/Parents/Carers/Children and Young People
Calm with the Very Hungry Caterpillar by Eric Cale	8-12 years old Practitioners/Parents/Carers/Children and Young People

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A Mindfulness Guide for the Frazzled by Ruby Wax	Practitioners/Parents/Carers/Teenagers
Self-harm	
Title and Author	Age/Audience/Description
Damage by Eve Ainsworth	Focuses on self-harm. Practitioners/Parents/Carers/Teenagers
Can I Tell You About Self-Harm?: A Guide for Friends, Family and Professionals by Pooky Knightsmith	Practitioners/Parents/Carers/Teenagers
Sexuality and Gender	
Title and Author	Age/Audience/Description
What I Was by Meg Rosoff	Focuses on sexuality. Practitioners/Parents/Carers/Teenagers
Doing It! By Hannah Witton	Focuses on sexuality. Practitioners/Parents/Carers/Teenagers
Pink by Lili Wilkinson	Focuses on sexuality. Practitioners/Parents/Carers/Teenagers
The Art of Being Normal by Lisa Williamson	Focuses on transgender and friendship. Practitioners/Parents/Carers/Teenagers
Some Assembly Required: The Not-So-Secret Life of a Transgender Teen by Arin Andrews	Focuses on transgender. Practitioners/Parents/Carers/Teenagers
Beyond Magenta: Transgender Teens Speak Out by Susan Kuklin	Focuses on transgender. Practitioners/Parents/Carers/Teenagers
This Book is Gay by Juno Dawson	Focuses on LGBT. Practitioners/Parents/Carers/Teenagers
The Girl Files by Jacqui Bailey	Focuses on puberty for girls. Practitioners/Parents/Carers/Teenagers
How to be a girl by Anita Naik	Focuses on puberty for girls. Practitioners/Parents/Carers/Teenagers
Being a Girl by Hayley Long	Focuses on puberty for girls. Practitioners/Parents/Carers/Teenagers
Being a Boy by Juno Dawson	Focuses on puberty for boys. Practitioners/Parents/Carers/Teenagers

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Websites/Worksheets and Resources/Online Training	
Websites	
Online databases	
Moray Council Mental Health & Wellbeing Children & Young People: http://www.moray.gov.uk/moray_standard/page_117484.html	
Documents/info on Website	Age/Audience/Description
The Moray guidance documents for helping young people at risk of suicide and self-harm.	Practitioners/Parents/Carers
Healthy Minds Resources – including apps and websites recommended for those aged 12-18 years old.	Practitioners/Parents/Carers/Young People
Information on mental health training opportunities for practitioners working with children and young people.	Practitioners
Links to mental health related websites.	Practitioners/Parents/Carers/Young People
Scottish Family Information Service: http://www.scottishchildcare.gov.uk/LocalChis.aspx?chisid=18&TextSize=0	
Documents/info on Website	Age/Audience/Description
Database of services currently being populated for Moray.	Practitioners/Parents/Carers/Young People
Aye Mind: http://ayemind.com/	
Documents/info on Website	Age/Audience/Description
Digital database of resources and information for children and young people's mental health. Created in collaboration with young people.	Practitioners/Parents/Carers/Young People
Websites containing mental health resources and information	
Anna Freud Centre for Children and Families: https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/	
Documents/info on Website	Age/Audience/Description
Schools in Mind section provides primary and secondary school resources.	Practitioners working with primary and secondary aged children.
On My Mind section provides information for young people.	Practitioners/Parents/Carers/Young People
Anxiety Canada Youth: https://youth.anxietycanada.com/	
Documents/info on Website	Age/Audience/Description
Interactive website with information on anxiety for teenagers.	Practitioners/Parents/Carers/Young People
Anxiety UK: https://www.anxietyuk.org.uk/	
Documents/info on Website	Age/Audience/Description
Resources and information on anxiety.	Practitioners/Parents/Carers/Young People

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Beat Eating Disorders: https://www.beateatingdisorders.org.uk/	
Documents/info on Website	Age/Audience/Description
UK's leading charity for anyone affected by eating disorders. Information and support helpline.	Practitioners/Parents/Carers/Young People
Best Beginnings: https://www.bestbeginnings.org.uk/	
Documents/info on Website	Age/Audience/Description
Charity working to give children in UK the best start in life. 'Out of the Blue' section focuses on promoting mental health for parents and children.	Practitioners/Parents/Carers
Campaign Against Living Miserably - CALM: https://www.thecalmzone.net/	
Documents/info on Website	Age/Audience/Description
Campaign against male suicide. Helpline and information.	Practitioners/Parents/Carers/Young People
CARED: https://www.caredscotland.co.uk/	
Documents/info on Website	Age/Audience/Description
Information and resources regarding young people who have received a diagnosis of an eating disorder and are about to or have just started treatment.	For parents and carers of young people (aged up to 25)
Centre for Clinical Interventions: https://www.cci.health.wa.gov.au/	
Documents/info on Website	Age/Audience/Description
Information and worksheets - see 'Resources' section.	Practitioners/Parents/Carers/Young People
Child Bereavement: https://childbereavementuk.org/	
Documents/info on Website	Age/Audience/Description
Supports families and educates professionals when a child of any age dies or is dying, or when a child is facing bereavement.	Practitioners/Parents/Carers/Young People
Childline: https://childline.org.uk/	
Documents/info on Website	Age/Audience/Description
Information and support.	Practitioners/Parents/Carers/Young People
Children 1st: https://www.children1st.org.uk/	
Documents/info on Website	Age/Audience/Description
Service information and details on how to access 'Parentline' - a helpline for all parents and carers.	Practitioners/Parents/Carers/Young People
Coping Skills for Kids: https://copingskillsforkids.com/	
Documents/info on Website	Age/Audience/Description
Resources and ideas for helping children to cope.	Practitioners/Parents/Carers

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Cruse Bereavement Care Scotland: http://www.crusescotland.org.uk/	
Documents/info on Website	Age/Audience/Description
Service details and information around bereavement. Youth website - Hope Again: http://hopeagain.org.uk/	Practitioners/Parents/Carers/Young people
Depression in Teenagers: http://depressioninteenagers.co.uk/	
Documents/info on Website	Age/Audience/Description
Interactive website focusing on depression.	Teenagers
Grampian Child Bereavement Network: https://gcbn.org.uk/	
Documents/info on Website	Age/Audience/Description
Service details and information around bereavement.	Practitioners/Parents/Carers
Hands on Scotland: http://www.handsonscotland.co.uk/	
Documents/info on Website	Age/Audience/Description
Practical advice and information for supporting children and young people's mental health.	Practitioners/Parents/Carers
Heads Together - Mentally Healthy Schools: https://www.mentallyhealthyschools.org.uk/	
Documents/info on Website	Age/Audience/Description
Quality-assured information and resources to help primary schools understand and promote children's mental health and wellbeing.	Aimed at those working in primary schools but relevant for practitioners working with all school aged children and young people.
Mental Health Foundation https://www.mentalhealth.org.uk/	
Documents/info on Website	Age/Audience/Description
General mental health information.	Practitioners/Parents/Carers/Young People
Moodcafé: http://www.moodcafe.co.uk/	
Documents/info on Website	Age/Audience/Description
Mental health information and resources.	Practitioners/Parents/Carers/Young People
Moodjuice: http://www.moodjuice.scot.nhs.uk/	
Documents/info on Website	Age/Audience/Description
Self-help resources and information. Resources and information for professionals.	Practitioners/Parents/Carers/Young People
Moray Educational Psychology Service: http://www.moray.gov.uk/moray_standard/page_55663.html	
Documents/info on Website	Age/Audience/Description
Service details and support information.	Practitioners/Parents/Carers/Young People
Moray Wellbeing Hub: http://moraywellbeinghub.org.uk/	
Documents/info on Website	Age/Audience/Description
Information about Moray Wellbeing Hub. Wellness college wellbeing courses.	Those aged 16 years old and over.

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OCD UK: https://www.ocduk.org/	
Documents/info on Website	Age/Audience/Description
National charity for OCD. Youth Website - OCD Youth: http://ocdyouth.org/	Practitioners/Parents/Carers/Young People
PAPYRUS: https://papyrus-uk.org/	
Documents/info on Website	Age/Audience/Description
Prevention of young suicide. Helpline and Information.	Practitioners/Parents/Carers/Young People
Place2Be: children's mental health week: www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/	
Documents/info on Website	Age/Audience/Description
Quality-assured information, advice and resources to help primary and secondary schools understand and promote children and young people's mental health.	Aimed for those working in primary and secondary schools and the children and young people themselves.
Quarriers – Let's talk about mental health: https://quarriers.org.uk/how-we-help/children-families/lets-talk-about-mental-health/	
Documents/info on Website	Age/Audience/Description
Mental health lessons designed for primary school children.	Practitioners working with primary School aged children.
Respect Me: https://respectme.org.uk/	
Documents/info on Website	Age/Audience/Description
Scotland's anti-bullying service.	Practitioners/Parents/Carers/Young People
Royal College of Psychiatrists: https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/	
Documents/info on Website	Age/Audience/Description
Information.	Practitioners/Parents/Carers/Young People
Samaritans: https://www.samaritans.org/	
Documents/info on Website	Age/Audience/Description
Helpline and information.	Practitioners/Parents/Carers/Young People
See Me: https://www.seemescotland.org/	
Documents/info on Website	Age/Audience/Description
Scotland's programme to end mental health stigma and discrimination.	Practitioners/Parents/Carers/Young People
Mental health resources including teaching packs such as 'What's on your mind' and 'On edge' (a self-harm teaching resource for S2 pupils).	Practitioners
Sleep Scotland: http://www.sleepscotland.org/	
Documents/info on Website	Age/Audience/Description
Information, resources and sleep support line for parents and carers worried about their child's sleep.	Practitioners/Parents/Carers

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Stress and Anxiety in Teenagers: http://www.stressandanxietyinteenagers.co.uk/	
Documents/info on Website	Age/Audience/Description
Interactive website focusing on stress and anxiety.	Teenagers
The Mix: https://www.themix.org.uk/	
Documents/info on Website	Age/Audience/Description
Support and information.	Aimed at 13-25 year olds.
Winston's Wish: https://www.winstonswish.org/	
Documents/info on Website	Age/Audience/Description
Information and support around bereavement.	Practitioners/Parents/Carers/Young People
YoungMinds: https://youngminds.org.uk/	
Documents/info on Website	Age/Audience/Description
UK's leading charity for children and young people's mental health. Range of information available.	Practitioners/Parents/Carers/Young People
Young Scot: https://young.scot/information/?page=1&topic=mind	
Documents/info on Website	Age/Audience/Description
See the 'Information' section. The topic 'Mind' contains mental health resources for young people.	Aimed at 11-26 year olds.
13 Reasons Why Toolkit: https://www.13reasonswhytoolkit.org/	
Documents/info on Website	Age/Audience/Description
Toolkit developed for Schools, Parents and Clinical Staff following the 13 Reasons Why Netflix Series focusing on suicide and other mental health concerns.	Practitioners/Parents/Carers
Free worksheets and downloadable resources	
Website:	Age/Audience/Description
https://www.therapistaid.com/	Practitioners
https://www.psychologytools.com/	Practitioners
http://www.socialworkerstoolbox.com/	Practitioners
https://www.getselfhelp.co.uk/	Practitioners
Free online training	
Introduction to mental health: http://www.northlanmindset.org.uk/	
Documents/info on Website	Age/Audience/Description
Free online introduction to mental health.	Practitioners/Parents/Carers/Young People
MindEd: https://www.minded.org.uk/	
Documents/info on Website	Age/Audience/Description
Free educational resource on children and young people's mental health for all adults.	Practitioners/Parents/Carers

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FutureLearn: https://www.futurelearn.com/	
Documents/info on Website	Age/Audience/Description
E-learning from universities and specialist organisations.	Practitioners/Parents/Carers
Self-harm training: https://www.virtual-college.co.uk/resources/free-courses/understanding-young-minds/	
Documents/info on Website	Age/Audience/Description
Free on-line course designed to help parents talk about the issue of self-harm with their children.	Practitioners/Parents/Carers

Mobile Applications	
Name of App	Age/Audience/Description
Breathe, Think, Do with Sesame	App for parents/carers to use with young children (aged 2 – 5 years old) to help teach skills such as problem-solving, self-control, planning, and task persistence (cost: free).
Calm	Meditation app (cost: some exercises free).
Calm Harm	App for self-harm aimed at those aged 12 years old and over (cost: free).
Headspace	Mindfulness app (cost: some exercises free).
In Hand	A tool to 'bring back the balance' in a moment of stress or low mood (cost: free).
MindShift	App designed to help teens and young adults cope with anxiety (cost: free).
Moray Prevent Suicide App	Support information, url: http://www.preventsuicideapp.com/suicide-m.html/ (cost: free).
SafeSpot	Promotes positive wellbeing in children and young adults (cost: free).
Smiling Mind	Mindfulness programmes for 7-18 year olds, adults and the classroom (costs: free).
Stop, Breathe and Think	App to help you tune into and process your emotions. There is also a version for 5-10 year olds available on IOS only (cost: some exercises free).

Other	
Name	Age/Audience/Description
Bereavement Box	Resource in all Moray Schools

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NHS Grampian Leaflets (used by professionals)	
Contact your local healthpoint at Dr Gray's Hospital, Elgin or visit: http://www.nhsghcpat.org/HPAC/HPACIndex.jsp	
Title and Leaflet Reference No.	Age/Audience/Description
Coping with pressure at school (YoungMinds) (L13312)	Secondary School age young people
Depression (YoungMinds) (L13309)	Secondary School age young people
Mental Illness In Your Family (Young Minds) (L13114)	Secondary School age young people
Eating problems & eating disorders (YoungMinds) (L13313)	Secondary School age young people
Self-harm (YoungMinds) (L13311)	Secondary School age young people
Anger Issues (YoungMinds) (L13310)	Secondary School age young people
Family Breakups? (L13191)	Primary School age young people
R U Worried? (L13187)	For 8-12 year olds
When Someone Dies (for children) (L13190)	For 8-12 year olds
R U Sad? (L13188)	For 8-12 year olds
Prevent Suicide app card (L13294)	Adults and young people
How to ... Look after your mental health (L13289)	Adults
Feeling low, anxious or stressed? (Living Life) (L13287)	Living Life is a free phone service for anyone aged 16 and over experiencing low mood, mild / moderate depression and / or anxiety
Living life to the full – Chris Williams	Adults and young people Living life to the full young people website: http://www.llttfyp.com/
Quarriers young carer support service (L65101)	Young Carers