

## What can you do to help?

Some mental health difficulties can be addressed in school or at home, prior to requesting a service from CAMHS through the Single Point of Access (SPA). There are a number of excellent resources available:



### **Moodjuice:**

[www.moodjuice.scot.nhs.uk/](http://www.moodjuice.scot.nhs.uk/)

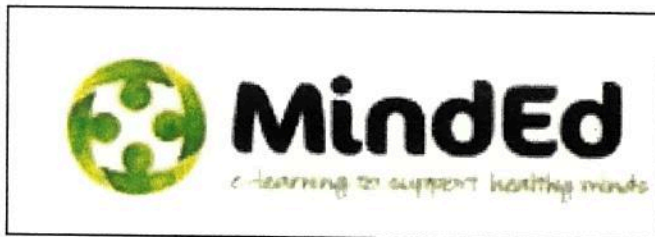
Printable interactive workbooks aimed at young people and teenagers. Evidence based resources.

### **Young Minds:** [www.youngminds.org.uk](http://www.youngminds.org.uk)



A leading UK charity providing resources to support children, young people and their families.

**Parent Advice Line: 0808 802 5544**



**MindEd:** <https://www.minded.org.uk> is a free educational resource on children and young people's mental health for professionals working with children and young people.



**Family Links:** [www.familylinks.org.uk](http://www.familylinks.org.uk) has a parent page, including free resources and tips.



**Family Lives:** [www.familylives.org.uk](http://www.familylives.org.uk) is a charity offering support for parents including **Parentline Plus** which runs a free phone helpline, courses for parents, develops innovative projects and provides a range of information.



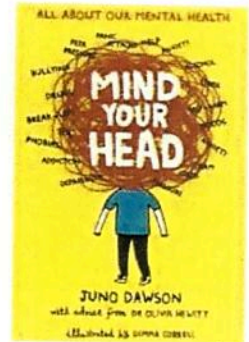
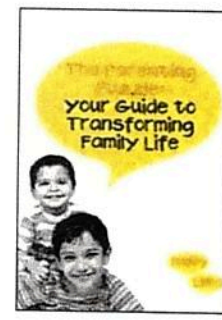
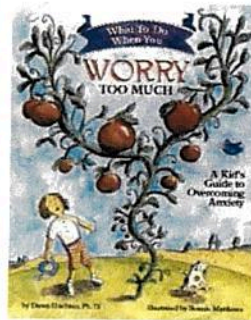
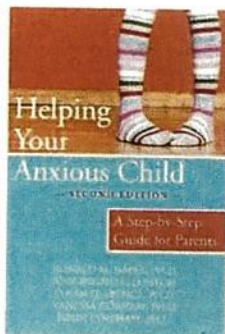
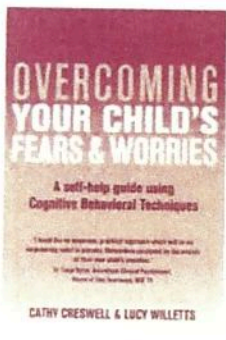
### **CAMHS Website:**

<https://www.oxfordhealth.nhs.uk/camhs/oxon/>



## Recommended Books:

- 1) "Overcoming Your Child's Fears and Worries" (2007) – Cathy Creswell & Lucy Willetts
- 2) "Helping Your Anxious Child" (2008) 2<sup>nd</sup> edition – Rapee, Wignall, Spence, Cobham, Lyneham
- 3) "What to Do When You Worry Too Much" (2006) – Dawn Huebner, Ph.D
- 4) "The Huge Bag of Worries" (2011) – Virginia Ironside
- 5) "The Parenting Puzzle" (2003) – Candida Hunt
- 6) "Mind Your Head" (2016) – Juno Dawson [perfect for teenagers]



## Applications for a smart phone/iPad/tablet:

### Mindfulness/relaxation:



STOP, BREATHE  
& THINK KIDS



HEADSPACE



STOP, BREATHE  
& THINK

### Support for self-injury:



'Calm Harm'

Use the free Calm Harm app using these activities: **Comfort**, **Distract**, **Express Yourself**, **Release**, **Random** and **Breathe**.