NHS
Hampshire Child and Adolescent Mental Health Service

What services and self-help resources are available for young people and families in the Winchester and Test Valley area?

Check out our **Hampshire CAMHS** website at https://hampshirecamhs.nhs.uk which includes oodles of information, resources and advice around Mental Health, CAMHS and Projects. The website also details the threshold for CAMHS referrals on the first page with a link to the referral forms.

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As well as the support pages of The Hampshire CAMHS website we recommend the CAMHS '**How to Beat Anxiety**' self-help workbook (for children), the '**Anxiety Management**' self-help workbook (for teens) & '**Action for wellbeing**' self help booklet which can be found and downloaded from our website **www.hampshirecamhs.nhs.uk** . The workbooks are structured evidence-based resources devised by Hampshire CAMHS which contain relaxation strategies, activities to broaden understanding and management of anxiety, and resilience-promoting guidance to tackling fears effectively. We recommend that this therapeutic work is undertaken with consistent parental, teacher or support staff guidance and support as evidence suggests that young people manage to tackle anxiety more effectively when they feel independent yet supported within the networks around them.

Service provided by Sussex Partnership NHS Foundation Trust

Youth Counselling

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What is counselling?

Counselling is a type of talking therapy which aims to help you understand your thoughts and feelings. It offers a non-judgemental space where you will be listened to.

The counsellor will try to see things from your point of view, while providing support to help you find your own answers.

Getting the chance to talk through your worries and problems with somebody can help you see things in a different light and help you find ways to help yourself.

Description taken from: https://www.andovermind.org.uk/youth-counselling/

Local Youth Counselling services

Youth counselling services available through Hampshire local to WTV CAMHS: https://hampshireyouthaccess.org.uk/

Or directly with individual counselling services—Referral forms:

Andover - https://www.alabare.co.uk/home/counselling-services-for-young-people
Andover (Age 11-23) - https://www.andovermind.org.uk/youth-counselling/
Romsey - http://yir.org.uk/our-services/counselling/
Winchester - https://www.winchesteryouthcounselling.org/
Winchester - https://familycounsellingtrust.org
Eastleigh - http://teenagedrop-inhedgeend.co.uk/
Basingstoke - http://www.ypicounselling.co.uk/
Southampton - https://nolimitshelp.org.uk/

Online youth counselling:

Child Line: Get Support - https://www.childline.org.uk/get-support/
No Limits - https://nolimitshelp.org.uk/

Living Life to the Full- offer free online courses covering low mood, stress and resiliency. These resources can help young people find out why they feel the way they do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Next steps: visit their website here: **https://llttf.com/** for further information and details about how to register for access to online learning.

Local Services and Organisations to Help Young People

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SERVICES For Young People

Y Services for Young People— https://www.yservices.co.uk/ Our mission as charity is to support and develop the delivery of quality youth work that meets the needs of young people.

Alabare—The Junction in Andover
https://www.alabare.co.uk/youngpeople
A charity that supports vulnerable, homeless and marginalised people. We help them transform their lives, providing accommodation and helping them gain skills, confidence and opportunities to live fulfilled a life.

HEALTH FOR TEENS

Chat Health—Run by School Nursing
https://www.healthforteens.co.uk/health/about-chathealth/ - Text: 07507333351 The service is available Monday to Friday, 8.30 am to 4.30 pm (except bank holidays). During these times they aim to respond to all messages within 24 hours.

THE MIX
Essential support for under 25s

The Mix— https://www.themix.org.uk/
The Mix is the leading support service for young people. We are here to help you take on any challenge your facing—from mental health to money, from homelessness to finding a job, from break-ups to drugs, social or out free, confidential helpline.

YMCA Fairthorne Group

YMCA Youth Club Andover— https://ymca-fg.org/southampton-youth-work/ Run a youth club for 10-14 year olds, offering a range of indoor and outdoor activities. The club runs on a drop-in basis. Also run a youth group for young people with additional needs who need a moderate level of support, which runs for different age groups every other week where advance booking is essential.

YOUTH OPTIONS

Youth Options—The Scott Centre https://www.youthoptions.co.uk/our-centres/scott-centre Provider of breakfast, after school and holiday childcare provision, for children between 2 and 13 years of age at various clubs with additional bases at schools across Andover.

Thumbs Up Youth Service—https://www.kids.org.uk/winchester-youth-services

Kids

A youth group that is led by the people that attend. For young people aged between 11 and 19 years old who have a Gate way card.

Youth Groups in...

2DAY

Andover—https://forcesandover.2day.uk/section/LocalClubsGroups

thebestofwinchester

Winchester—https://www.thebestof.co.uk/local/winchester/community-hub/local-guides/youth-clubs/

Service provided by Sussex Partnership NHS Foundation Trust

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For young people 16 and over

https://www.italk.org.uk/

italk is your local talking therapy service. The treatments are free of charge and you can self-refer without needing to see your GP.

They help people aged 16+ to recover from common mental health problems like anxiety, depression, stress, phobia, OCD and PTSD.

They also provide managing moods and relaxation skills workshops.

Hampshire County Council

Love your library

The Reading Well Books on Prescription is a national scheme available with recommended books from a range of self-help books which have proven value in helping people who suffer from common mental health problems such as anxiety, depression, anger and panic attacks.

https://www.hants.gov.uk/librariesandarchives/library/servicesforyou - find the 'books on prescription PDF' under the Mental Health Support tab.

Or the direct PDF here—https://readingagency.org.uk/adults/BoP%20core%20booklist%20April%202013.pdf

Hampshire CAMHS Website

videos and podcasts for emotional wellbeing and mental health - https://hampshirecamhs.nhs.uk/videos-podcasts/

https://hampshirecamhs.nhs.uk/help/young-people/

https://hampshirecamhs.nhs.uk/help/parents-carers/

https://hampshirecamhs.nhs.uk/help/professionals/

Hampshire CAMHS website

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Common Problems

- Anxiety (worry)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Autistic Spectrum Condition (ASC)
- Crisis, Self-Harm and Suicide
- Depression (low mood)
- Eating Difficulties
- Learning Disabilities
- Psychosis (and hearing voices)
- Trauma (Post Traumatic Stress Disorder)

Life Issues

- Bereavement and Loss
- Bullying
- Body Image and Self-Esteem
- Children in Care
- Drugs and Alcohol
- Family Breakdown
- Friendships
- Gaming Addiction
- Mental Health and Mental illness
- Military Families
- Physical Health
- School, College and Exams
- Sex and Relationships
- Sexuality and Gender Identity
- Sleep
- Transition through schools
- Young Carers (supporting a loved one)
- Coronavirus; help support and advice

Service provided by Sussex Partnership NHS Foundation Trust

Anxiety & Worries in addition to Hampshire CAMHS website recommended resources

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Websites

- **Children and young people with anxiety** – A guide for parents and carers https://www.moodcafe.co.uk/media/19579/cyp_parents_1_2_web.pdf
- **Young Minds**—Anxiety https://youngminds.org.uk/find-help/conditions/anxiety/
- **Young Minds**—OCD https://youngminds.org.uk/find-help/conditions/ocd/
- **Get self-help** – Anxiety https://www.getselfhelp.co.uk/anxiety.htm
- **NHS**—Mental Health and Wellbeing: https://www.nhs.uk/conditions/stress-anxiety-depression/

Videos

- https://www.youtube.com/watch?v=FfSbWc3O_5M – Fight, Flight & Freeze video by Anxiety Canada.
- https://www.youtube.com/watch?v=rpolpKTWrp4 – Fight, Flight & Freeze for Teens video posted by Anxiety Canada.
- Your ACT Auntie YouTube channel has many helpful videos - https://www.youtube.com/channel/UC7qFNQcQ8hz5sLC_F2qOFow

Books

For Kids

- **Overcoming Your Child's Fears and Worries**: A Self-Help Guide Using Cognitive Behavioural Techniques (Overcoming Books) By Cathy Cresswell and Lucy Willets
- **Sitting still like a frog – Mindfulness exercise for kids (and their parent) By Eline Snel**
- What to Do When You Worry Too Much: A Kids Guide to Overcoming Anxiety (What to Do Guides for Kids) By Dawn Geuber
- **What To Do When You're Scared and Worried By James J. Crist**
- Coping Skills for Kids Workbook By Janune Halloran
- **Starving The Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People By Kate Collins-Donnelly**

For Teens

- **The Anxiety Workbook for Teens:** Activities to Help You Deal with Anxiety & Worry (An Instant Help Book for Teens) by Lisa M. Schab
- **The Anxiety Survival Guide for Teens:** CBT Skills to Overcome Fear, Worry, and Panic By Jennifer Shannon
- **My Anxiety Handbook: Getting Back on Track By Bridie Gallagher, Phoebe BcEwen and Sue Knowles**
- Anxiety Rebalance: All the Answers for Teens By Carl Vernon
- **Think Good – Feel Good: A cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard**
- Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Fear, Stress, and Worry By Sheila Achar Josephs
- **Social anxiety** – The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence (by Jennifer Shannon)

OCD

- **OCD Self-Help Workbook**—https://www.get.gg/docs/OCDselfhelp.pdf
- **OCD Parent Guide Workbook**— Part one: https://research.reading.ac.uk/wp-content/uploads/sites/3/2017/04/OCD-Booklet-for-Parents-Part-1.pdf Part two: https://research.reading.ac.uk/wp-content/uploads/sites/3/2017/04/OCD-Booklet-for-Parents-Part-2.pdf

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Self Esteem, Confidence & Emotions

Support around Self-esteem, Confidence and Emotions can be provided through School on such programmes as ELSA within infant and primary Schools and through Pastoral teams within secondary schools. Youth Counselling can also provide support around this.

Children

- **Family Lives, listening, supportive and non-judgmental** – Helping your child build self-esteem, https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/
- **Young Minds** – Supporting your child's self esteem https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/

Adolescent

- **Young Minds** – Supporting your child's self esteem https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/
- **Child-Line** – Building Confidence and self-esteem - https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/
- **Self-esteem Workbook for Teens:** Activities to Help You Build Confidence and Achieve Your Goals (An Instant Help Book for Teens) by Lisa M. Schab

Emotional Wellbeing

- **Action for happiness** – let's take action for a happier world https://www.actionforhappiness.org/ - also available as a mobile phone app
- **Stress Reduction Workbook for Teens**, 2nd Edition: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) by Gina M. Biegel
- **Conquer Negative Thinking for Teens:** A Workbook to Break the Thought Habits That Are Holding You Back by Mary Karapetian Alvord PhD and Anne McGrath MA
- **Get Out of Your Mind and Into Your Life for Teens:** A Guide to Living an Extraordinary Life (An Instant Help Book for Teens)
- **Stuff That Sucks:** Accepting what you can't change and committing to what you can by Ben Sedley, 2015
- **Body Image Workbook for Teens:** Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World (An Instant Help Book for Teens) by Julia V.Taylor
- **The Perfectionism Workbook for Teens:** Activities to Help You Reduce Anxiety and Get Things Done (An Instant Help Book for Teens) by Ann Marie Dobosz
- **Think Ninja—**https://thinkninja.io/ For 11-17 years based on therapeutic approaches for wellbeing, building resilience & early intervention. Free to school across Hampshire.
- **The Anger Workbook for Teens:** Activities to Help You Deal with Anger and Frustration (An Instant Help Book for Teens) (An Instant Help Book for Teens) by Raychelle Lohmann

Videos

- https://www.youtube.com/watch?v=3bKuoH8CkFc – Why do we lose control of our emotions? Posted by Kids want to know.
- https://www.youtube.com/watch?v=ERhTJaPaoxU – Learning to be a friend to yourself (for adolescence) posted by The School of Life.

Low Mood & Depression in addition to Hampshire CAMHS website recommended resources

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Websites

- **Young Minds**—https://youngminds.org.uk/find-help/conditions/depression/
- **NHS**—Mental Health and Wellbeing: https://www.nhs.uk/conditions/stress-anxiety-depression/
- **Get Self Help**—https://www.getselfhelp.co.uk//

Videos

- https://www.youtube.com/watch?v=ERhTJaPaoxU – Learning to be a friend to yourself (for adolescence) posted by The School of Life.
- Your ACT Auntie YouTube channel has many helpful videos—https://www.youtube.com/channel/UC7qFNQcQ8hz5sLC_F2qOFow

Books

- **Beyond the Blues:** A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens) by Lisa M. Schab
- **Don't Let Your Emotions Run Your Life for Teens:** Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and (Instant Help Book for Teens) by Sheri Van Dijk

Self Harm & Suicide in addition to Hampshire CAMHS website recommended resources

Hampshire CAMHS—https://hampshirecamhs.nhs.uk/campaigns/safe-campaign/

Please contact Helen Dove at Hampshire CAMHS if you would like to have SAFE cards made available for a school, GP or youth services — via Twitter: @HANTS_CAMHS

Facebook: Fit Fest Hampshire

Websites and Books

- **Young minds** - Self harm - https://youngminds.org.uk/youngminds-professionals/our-projects/no-harm-done/
- **NSPCC** – Self Harm - https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/
- **Self harm UK** - https://www.selfharm.co.uk/
  - ⇒ **Parents** - https://www.selfharm.co.uk/parents
  - ⇒ **Professionals** - https://www.selfharm.co.uk/professionals
- **LifeSIGNS** - Providing information and support to help people with issues around self harming. Information and support for individuals and those supporting them. http://www.lifesigns.org.uk/
- **Papyrus** - Prevention of young suicide. Providing confidential support and advice to young people and anyone worried about a young person. Helpline 0800 068 4141 https://www.papyrus-uk.org/
- **Harmless** - is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals. http://www.harmless.org.uk/
- **Stopping The Pain:** A Workbook for Teens Who Cut and Self-Injure (An Instant Help Book for Teens) by Lawrence E. Shapiro
- **www.YoungMinds.org.uk** - a website that provides information and support for young people including a 24/7 crisis messenger. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

School and College in addition to Hampshire CAMHS website recommended resources

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⇒ MIND Andover— https://www.andovermind.org.uk/springboard/

Springboard sessions for children

Our hourly group sessions for children are free and run weekly for nine weeks. Groups run in term time at lunchtimes or after school, and also in school holidays. Sessions take place at local schools, children's organisations and at Andover Mind. At our Springboard sessions for children we aim to:

- promote the ability to cope and manage feelings through play, craft, and discussion
- explore empathy and feelings and how to express emotions with positive behaviours
- teach skills to reach goals and problem solve, and learn about the value of feedback and reflection
- increase children's awareness of self-regulation and de-escalation, and how to self-care for their mental health
- support early identification of emerging issues before secondary school.

Who can attend children sessions?

Our groups are open to children aged 9-11. Children can be referred to a group via their parent, school (Family Support or SENCo), children's organisation leader, doctor, CAMHS, school nurse, Early Help Hub or Social Worker.

⇒ **Heads together—Mentally Healthy Schools**—https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/transitions/

Bereavement & Loss in addition to Hampshire CAMHS website recommended resources

Local bereavement support for young people—**Simon Says**
Groups available in
Basingstoke (0-11yrs), Chandler's Ford (0-11yrs), Eastleigh YPG (11-up to 18yrs), New Milton (0-up to 18yrs), Gosport (0-up to 18yrs), Portsmouth (0-11yrs) & Andover (0-18yrs).
https://www.simonsays.org.uk/support-groups/

Drugs & Alcohol in addition to Hampshire CAMHS website recommended resources

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Websites

- **NACOA (National Association for Children of Alcoholics)** - Providing information, advice and support for everyone affected by a parent's drinking. http://www.nacoa.org.uk/
- **Narcotics anonymous** - http://ukna.org/
- For teenage relatives and friends of alcoholics - **Alateen** https://www.al-anonuk.org.uk/alateen/
- **Young minds** - Young person https://youngminds.org.uk/find-help/looking-after-yourself/drug-use/
- **Young minds** – Parent/carer https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-drugs-and-alcohol/

Internet Safety & Healthy Relationships with Gaming in addition to Hampshire CAMHS website recommended resources

Website

- **National Online Safety**— https://nationalonlinesafety.com/
- **NSPCC—online safety—**https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/
- **Net-Aware—keep up to date**—https://www.net-aware.org.uk/
- **Family Lives**—Advise on gaming addiction—https://www.familylives.org.uk/advice/teenagers/online/gaming/
- **Parent Zone—Parenting in a digital world—** https://parentzone.org.uk/parenting-digital-age-online-safety-digital-resilience-children-judge-parents

Motor and Verbal Tics

Websites

- **Tourette's action:** https://www.tourettes-action.org.uk/
- **NHS—Tics—https://www.nhs.uk/conditions/tics/treatment/**
- **Great Ormond Street Hospital for Children NHS Foundation Trust**—https://www.gosh.nhs.uk/conditions-and-treatments/conditions-we-treat/tourette-syndrome

Learning Disability in addition to Hampshire CAMHS website recommended resources

Websites

- **GO LD Learning Disabilities Winchester,** to live, to thrive - Enabling people with learning disabilities https://learningdisabilitieswinchester.org.uk/
- Andover and District Mencap provide Adults and Children with learning disabilities—https://andovermencap.org/adults-care-and-support

Young Carers

Websites

- **Winchester & District Young Carers** http://www.wycp.org.uk/ Improving the lives of children and young people with caring responsibilities by providing safe, quality support to individuals and offering an inclusive, wide ranging and holistic approach which considers the needs of the whole family. Support groups, befriending, training, peer mentors, school drop ins, home visits etc.
- **Andover Young Carers**—https://www.andoveryoungcarers.co.uk/

Websites and Books for Autism

- Believe in children, Barnardo's provide a course for parents/guardians called the Cygnet programme - https://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service
- **The ASD Independence Workbook:** Transition Skills for Teens and Young Adults with Autism (An Instant Help Book for Teens) by Francis Tabone
- All Cats have Asperger's Syndrome, 2016 by Kathy Hoopmann
- Survival Guide for Kids with Autism Spectrum Disorders, By Elizabeth Verdick & Elizabeth Reeve, 2012
- **The Spectrum Girl's Survival Guide: How to Grow Up awesome and autistic by Siena Castellon, 2020**
- **The Umbrella Gang** is a comic book created about neurodiversity, web: https://www.adhdfoundation.org.uk/wp-content/uploads/2019/10/Hi-RES-ADHD-Foundation-Umbrella-Gang-comic.pdf

Websites and Books for ADHD

- ADDISS—ADHD information services http://www.addiss.co.uk/
- ADHD foundation - https://www.adhdfoundation.org.uk/
- **Understood** – Learning and attention issues https://www.understood.org/en
- **Believe in children, Barnardo's** provide a course for parents/gaurdians called The parent Factor - https://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service
- All dogs have ADHD 2008 by Kathy Hoopmann
- **ADHD Workbook for Teens:** Activities to Help You Gain Motivation and Confidence (An Instant Help Book for Teens) by Lara Honos-Webb
- **Executive Functioning Workbook for Teens:** Help for Unprepared, Late, and Scattered Teens (An Instant Help Book for Teens) by Sharon A. Hansen
- **The Umbrella Gang** is a comic book created about neurodiversity, web: https://www.adhdfoundation.org.uk/wp-content/uploads/2019/10/Hi-RES-ADHD-Foundation-Umbrella-Gang-comic.pdf

Parents & Carers

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- **Hampshire parent and carer network** - http://www.hpcn.org.uk/
  - ⇒ Offers parents and carers of children and young people aged 0-25 with additional need (diagnosed or not) or disability an opportunity to tell the local authority, health and other services, what life is really like.
- **Family Lives** - https://www.familylives.org.uk/
  - ⇒ National family support charity providing help and support in all aspects of family life.
- **Parent channel —** https://www.youtube.com/channel/UCpGvO-Wj0EcEZpM5luobs1g
  - ⇒ Over 200 expert-led videos for parent of 0-19 year olds. Search for topic or browse our playlists for wellbeing, learning and behaviour across four different age groups.
- **Friends of the family** – available in Winchester and surrounding villages http://www.fotfwinchester.org/about-us/what-we-do/
  - ⇒ They offer friendly support and guidance to help overcome the challenges they face.
- **Believe in children, Barnardo's—** http://www.hampshirehealthyfamilies.org.uk/
  - ⇒ The service provides parenting programmes for parents / carers who have children aged 5-17 who either has a formal diagnosis of ADHD/ASC, is displaying challenging behaviour associated with mild to moderate conduct disorder or teenagers displaying antisocial behaviour, including child to parent violence and is registered with a participating GP surgery in Hampshire (not including surgeries within Cities of Portsmouth or Southampton CCG's)
  - ⇒ http://documents.hants.gov.uk/childrens-services/ThresholdChartJuly2015.pdf
  - ⇒ Barnardo's, Family Links and the yellow brick project work with Hampshire County council to provide other parenting courses, programmes and groups such as - email test-valley.earlyhelp@hants.gov.uk
  - ⇒ The family links nurture programme
  - ⇒ Talking teens parent group,
  - ⇒ Five to Thrive
  - ⇒ Henry—healthier start brighter future
- **Home start** - https://www.home-start.org.uk/Pages/Category/things-we-can-help-with
  - ⇒ Local community network of trained volunteers and expert support helping families with young children through their challenging times. Winchester—https://home-startwinchester.org.uk/
- **Young Minds, for parents** - https://youngminds.org.uk/find-help/for-parents/
  - ⇒ Parenting isn't always easy. Although its often amazing and rewarding to watch your children grow,and to help them learn to be independent, it can be really hard work.
- Hampshire SENDIASS— https://www.hampshiresendiass.co.uk/ -
  - ⇒ We offer impartial special education needs and disability information, Advise and Support SENDIASS in Hampshire.
  - ⇒ Family Links—https://familylinks.org.uk/what-we-do
- **Stuff That Sucks:** Accepting what you can't change and committing to what you can by Ben Sedley
- **Youth Options** - https://www.youthoptions.co.uk/
- CDC Centres for Disease Control and Prevention – **what to expect in Child to Adolescent development** https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html - select age range
- **NHS – Talking to your teenager –** Moodzone **-** https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-your-teenager/
- **NHS – Talking to Children about feelings** – Moodzone - https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/
- **Understanding Childhood –** leaflets available at http://www.understandingchildhood.net/

Continued...

- Supporting teenagers - http://www.understandingchildhood.net/posts/supporting-teenagers/
- **The Teen Brain: Still Under Construction—**http://www.ncdsv.org/images/NIMH_TeenBrainStillUnderConstruction_2011.pdf