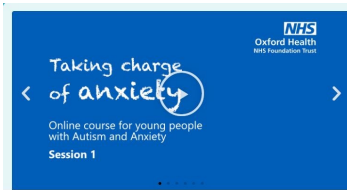




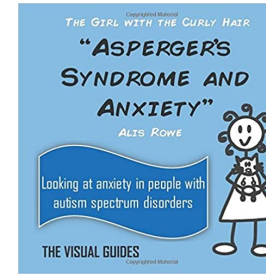
**Book:** *The Kids Guide to Staying Awesome and In Control: Simple stuff to help children regulate their emotions and senses.* Brukner, L. (2014)



**Taking Charge of Autism and Anxiety:** This online course for young people with autism and anxiety has six sessions which you can do at your own pace, as all the videos are on YouTube and worksheets are downloadable.

[Oxford Health CAMHS Taking charge of autism and anxiety | Oxford Health CAMHS](#)

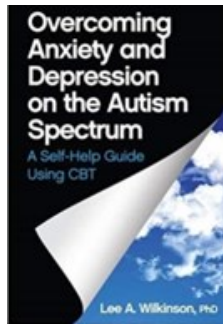
**Book:** *Asperger's Syndrome and Anxiety: by the girl with the curly hair: Volume 8 (The Visual Guides).* Rowe, A (2014)



**The Mix:** This website offers a multi channel service (call, text etc) to support under 25's in connecting with experts and peers.

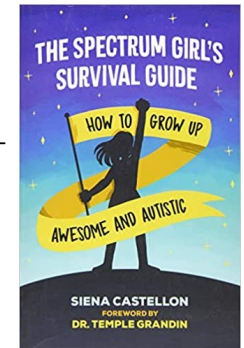
[www.themix.org](http://www.themix.org)

**Book:** *Overcoming Anxiety and Depression on the Autism Spectrum: A Self-Help Guide.* Wilkinson, L (2014)



## Anxiety & Autism: Information for Young People

**Book:** *The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic.* Castellon, S, (2020)



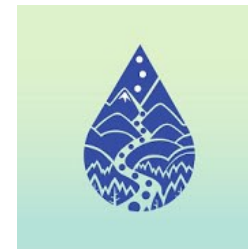
**Shout:** The UK's first text service, for anyone in crisis anytime. It is for those struggling to cope and needing immediate help.

Text 'Shout' to 85258

**Think Ninja:** A mental health app designed for 10 to 18 year olds. It has a variety of content and tools for learning about mental health and emotional wellbeing, and developing skills to build resilience and stay well.



**Molehill Mountain:** An app to help autistic people understand and self-manage anxiety. Track your worries and the situations that trigger anxiety, get evidence-based daily tips to understand more about anxiety, and feel more confident to self-manage anxiety.



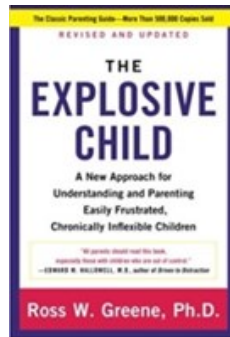
**YoungMinds:** The Young Minds crisis messenger service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support,

Text 'YM' to 85258.

# PARENTING SPECIAL CHILDREN

**Parenting Special Children:** PSC is a service providing specialist parenting support to parents and carers of children and young people with Special Needs in Berkshire so that they can create positive change in their lives.

[www.parentingspecialchildren.co.uk/](http://www.parentingspecialchildren.co.uk/)



**Book:** *The Explosive Child*. R.W Greene (1998)



**Book:** *The Incredible 5-point Scale: Assisting Students with Autism Spectrum Disorders*. K.D Burton & M. Curtis (2003)



**Berkshire CAMHS:** Information on mental health problems for young people and their parents.

<https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-adolescent-mental-health-services-camhs/about-our-mental-health-services-camhs/>

If your child is having suicidal thoughts or extreme mental health difficulties our team offer mental health support to children and young people and their families/ carers between the hours of **8.00am-8.00pm Monday to Friday** and can be contacted on **0300 365 1234**.

Outside of these hours our adult crisis teams can be contacted for advice and guidance on **0300 365 0300**.

## Anxiety & Autism in Young People: Information for Parents and Carers



**The Mix:** This website offers a multi channel service (call, text etc) to support under 25's in connecting with experts and peers.

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

## YOUNG MINDS

**Young Minds:** A charity committed to improving the mental health of young people. They offer support for those worried about a young person's behaviour or mental health.

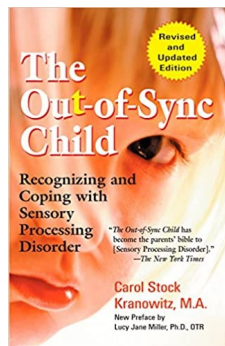
[www.youngminds.org.uk/find-help/for-parents/](http://www.youngminds.org.uk/find-help/for-parents/)

Parent Helpline: 0808 802 5544



**Autism Berkshire:** Autism Berkshire delivers a range of quality specialist advice and support services, guided by a team of trustees with personal and professional experience of autism

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



**Book:** *The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder*. C. Kranowitz (2005)



**Shout:** The UK's first text service, for anyone in crisis anytime. It is for those struggling to cope and needing immediate help.

Text 'Shout' to 85258

**Family Lives:** A national charity offering free support and advice services to parents and carers on any aspect of parenting or family life, including bullying.

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

Parentline: 0808 800 2222

