

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

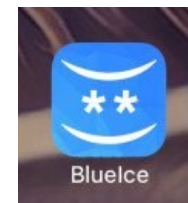


Mood Juice: A website that is designed to help you think about emotional problems and work towards solving them.

www.moodjuice.scot.nhs.uk

Catch It: An app to help manage thoughts and associated with depression.

Free download on the app store or google play



Blue Ice: An emotion regulation based app to help reduce urges to self harm. Includes mood diaries and emergency numbers.

Free download on the app store or google play



Papyrus: Registered charity that focuses on the prevention of suicide in young people. Helpline is open on: mon-fri 10am-10pm, weekends: 2.00pm to 10.00pm.

Papyrus Helpline: 0800 0684141

Depression: Information for young people



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



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



Stay Alive: An app for those at risk of suicide and people worried about someone. It has resources, advice and tools to help you stay safe, find and get help from emergency or support services, and helps to identify signs of suicide and how to help if you are worried about someone.

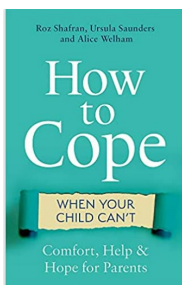
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Think Ninja: A mental health app designed for 10 to 18 year olds. It has a variety of content and tools for learning about mental health and emotional wellbeing, and developing skills to build resilience and stay well.

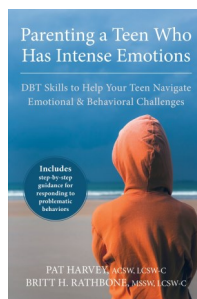


YoungMinds: The Young Minds crisis messenger service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support,.

Text 'YM' to 85258.



Book: *How to Cope When Your Child Can't: Comfort, Help and Hope for Parents.* By Roz Shafran, Ursula Saunders, Alice Welham (2022).



Book: *Parenting a teen who has intense emotions: DBT skills to help your teen navigate emotional and behavioral challenges* by Harvey, P., and Rathbone, B. H. (2015)

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**.



TEENAGE DEPRESSION

A CBT GUIDE FOR PARENTS

Help your child beat their low mood



MONIKA PARKINSON and SHIRLEY REYNOLDS

Book: *Teenage Depression – A CBT Guide for Parents: Help your child beat their low mood.* by Reynolds, S. and Parkinson, M. (2015)

Depression in Young People: Information for Parents and Carers



Papyrus: Provide advice and support for young people dealing with self-harm and emotional distress and for those who are worried about them Helpline is open on: mon-fri 10am-10pm, weekends: 2.00pm to 10.00pm.

Papyrus Helpline: 0800 0684141



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Free download on the app store or google play



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

Parentline: 0808 800 2222



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



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/

Parent Helpline: 0808 802 5544