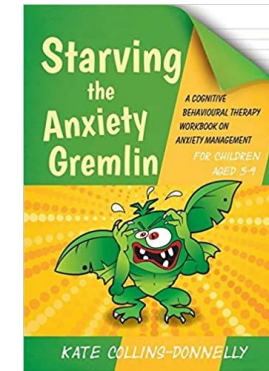




Mood Juice: A website that is designed to help you think about emotional problems and work towards solving them.

www.moodjuice.scot.nhs.uk



Book: *Starving the Anxiety Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anxiety Management: 11* (Gremlin and Thief CBT Workbooks) by Kate Collins-Donnelly



Anxiety UK: This website has lots of useful information about anxiety and self-help resources.

www.anxietyuk.org.uk/

Anxiety: 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

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.

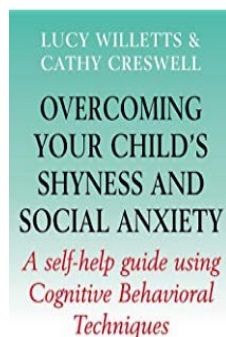


YoungMinds: The Young Minds crisis messenger service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support,.

Text 'YM' to 85258.



Book: *Helping Your Child with Fears and Worries 2nd Edition: A self-help guide for parents.* Creswell, C. & Willetts, L. (2019).



Book: *Overcoming Your Child's Shyness & Social Anxiety: A self-help guide using cognitive behavioral techniques.* Willetts, L. & Creswell, C. (2007).

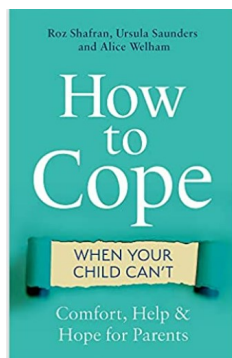
Berkshire CAMHS: Information on mental health problems for young people and their parents.

<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**.



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

Anxiety 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



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



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



Anxiety UK: This website has lots of useful information about anxiety and self-help resources.

www.anxietyuk.org.uk/



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