

# Mental Health Resource Sheet- child and adolescent

Where to find help for low mood, anxiety, insomnia and other mental health issues

# Monkseaton Medical Centre & Bridge Medical

## Websites

### **Young minds**

This website is designed specifically for teenagers and children dealing with mental health and emotional issues

<https://youngminds.org.uk/find-help/>

### **Students Against Depression**

This provides you with the resources you need to find a way forward from stress, low mood, depression or suicidal thinking.

<http://studentsagainstdepression.org/>

### **Anxious Minds**

This website has many useful resources for self-help and CBT; including the Living Life to the Full Program, mood gym and mood juice

<http://www.anxiousminds.co.uk/info-centre/online-cbt-tools/>

### **Relate**

This website provides help and guidance for many problems young people face.

<https://www.relate.org.uk/relationship-help/help-children-and-young-people>

### **Kooth**

Personalised, digital mental health care for 11-25 year olds. They build and deliver support to provide a tailored and personalised experience.

<https://Kooth.com>

### **Calm Halm**

Dialectical Behaviour Therapy for young people. App to manage the urge to self harm.

<https://calmharm.co.uk>

### **Streetwise**

Offers online counselling, project work, drop-ins and access to sexual health clinic

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

## CBT books

### **Overcoming Teenage Low Mood and Depression: A Five Areas Approach**

By Dr Chris Williams & Dr Nicky Dummett

## Parents

The **Charlie Waller Memorial Trust** has guides to help parents work through mental health and emotional issues in children.

<https://www.cwmt.org.uk/resources>

The **young minds** website has help and support resources for parents including the **parents helpline**

<https://youngminds.org.uk/find-help/for-parents/>

Call free Mon-Fri from 9:30am to 4pm  
**0808 802 5544**

## Mindfulness/meditation apps for phones

Some are free, some cost of up to £1.50 – we can't officially endorse these, but they may be worth looking at:

**Headspace**      **Take a break**

**Sleepio**      **Digipill**

**7 second meditation**

## **ChatHealth: to speak to a school nurse**

ChatHealth is a secure and confidential text messaging service for young people aged 11-19 that allows patients to contact a health professional for advice and support easily and anonymously. You can text 07507 332 532 to chat with one of our school nurses.

## Mental health self-help guides

Available from the reception area, these self help guides have been written by consultant clinical psychologists and cover the following areas:

- Bereavement
- Post Traumatic Stress Disorder
- Self harm
- Stress
- Abuse
- Eating Disorder

The Northumberland, Tyne and Wear NHS Trust has produced an app called **Self Help**

Search for "self help Northumberland" on the iTunes or Google Play app store. Or <https://www.ntw.nhs.uk/resource-library/>

## DiscoverME Voda

DiscoverME is the recovery college for young people aged 16 to 25 in North Tyneside and their aim is to empower young people to better understand themselves and their own health. They provide workshops, social activities and a safe space to meet new people and learn how to manage your own wellbeing.

<https://voda.org.uk/discoverme/>

Kirsty Christofi and Jessica Shaw

Mobile: **07598893116**

Office: **0191 643 2626**

Email: [discoverme@voda.org.uk](mailto:discoverme@voda.org.uk)