

Potential useful resources in Primary Care:

- **CAMHS Website:** <https://www.oxfordhealth.nhs.uk/camhs/bucks/>
 - Has information about CAMHS, mental health disorders, self help links, and carers/ young people can self refer
- **General website** with useful resources for Young People and carers:
 - www.minded.org.uk: Helpful website with information for parents to support their children's mental health
- **Website with CBT based worksheets on anxiety, low mood, emotional regulation, distress tolerance, low self esteem etc**
 - <https://www.getselfhelp.co.uk/>
- **Local counselling service (free, includes F2F and drop ins)**
 - <https://www.youthconcern.org.uk/>
 - [Sorted Counselling – Counselling Services Bedfordshire \(sortedbedfordshire.org.uk\)](http://sortedbedfordshire.org.uk)
- **Online counselling (free)**
 - <https://www.kooth.com/>
- **Family Support Service**
 - <https://familyinfo.buckinghamshire.gov.uk/familysupport/>
 - For families experiencing multiple or complex issues that they need support with, the Family Support Service may be able to offer help from a Family Worker who would work directly in their home.
 - The Family Support Service can work with families, children or young people who need help because they are:
 - excluded from school or having difficulties engaging with education
 - currently or at risk of becoming NEET (Not in Education, Employment or Training)
 - affected by domestic abuse or parental conflict
 - demonstrating risk-taking behaviour
 - impacted by the consequences of substance misuse
 - impacted by poor attachments or relationships within the family
 - having difficulty parenting in a consistent way
 - impacted by financial problems and debt
 - young carers
 - vulnerable to exploitation
 - in a home environment impacting on the health and well-being of a child
 - The Family Support Service also offer groups for:
 - [Parenting support](#)

- Early years developmental issues
- [Youth work programmes](#)

More Specific resources:

ANXIETY:

- Free App: SAM (self-help anxiety management)
- Recommended Book for parents: **'Overcoming Your Child's Fear and Worries: a self-help guide using CBT Techniques' (Creswell & Willetts, 2006)**
- Websites above: getselfhelp and minded

LOW MOOD:

- Resources as above: Youth Concern, Kooth (online counselling), getselfhelp website and minded
- For parents and carers, we would recommend the following books:
 - For teens: Parkinson, M. & Reynolds, S. (2015). Teenage Depression – A CBT Guide for Parents: Help your child beat their low mood. London: Constable.
 - Reynolds, S. & Parkinson, M. (2015). Am I Depressed and What Can I Do About It?: A CBT self-help guide for teenagers experiencing low mood and depression. London: Constable.
- The following apps and websites are free, recommended and could also be useful:
 - For Me: 'For me' is the brand-new way to get advice and support on loads of topics – from issues that can play a big part in everyone's life, like school and exam stress, through to extremely personal issues, such as self-harm and mental health. You can also access support videos, create your own mood tracker and access to a ChildLine counsellor if needed.
 - What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!
 - Mood track Diary: An app allowing you to create your own mood diary to track thoughts and feelings.

ASSAULT/ VICTIMS OF CRIME (including online grooming, county lines victims, etc)

SAFE! Supports young people who are dealing with the effects of a crime. This service is available to young people who witness a crime, are victims of crime or are worried about something that has happened to someone else.

SAFE! will allocate an experienced project worker who will:

- Provide a safe space to talk about your experience.
- Give information on how to report a crime and what will follow.
- Support you to help you think about what to do next.

SAFE! is an independent charity that is free to use.

SAFE! Young Victim Service <https://www.safeproject.org.uk/how-we-work.php> remains open for referrals for young people who have been the victim of a crime or abuse.

Please complete a referral via this form: <https://cms.safeproject.org.uk/refer?service=3>

BEREAVEMENT

<https://www.childbereavementuk.org/>

BULLYING

<https://www.familylives.org.uk/advice/bullying/bullying-at-school>

EMOTIONAL DYSREGULATION/ SELF HARM

<https://dbtselfhelp.com/>

EMOTIONAL LITERACY SKILLS (ELSA) – there is a fee for resources on this website

<https://www.elsa-support.co.uk/resources/category/elsa-resources/emotions/>

OCCUPATIONAL THERAPY (May be relevant for neurodiverse young people with sensory needs or potential dyspraxia, difficulties with self care, etc)

Occupational Therapists provide online workshops to support with a range of difficulties including:

- Handwriting skills
- Sensory processing difficulties

- Dressing skills
- feeding skills
- Difficulties using tools

These workshops can provide useful information to families about how to support young people to improve in these areas of difficulty. You can find out more information via the website:

<https://www.buckshealthcare.nhs.uk/cyp/therapy/occupational-therapy/>

The Occupational Therapy service also provide direct support to young people where there is an urgent and high needs for support related to their health and social care needs. Further information regarding their referral criteria and how to refer can be found on their website. [Occupational Therapy - Buckinghamshire Healthcare NHS Trust - CYP Website \(buckshealthcare.nhs.uk\)](https://www.buckshealthcare.nhs.uk/cyp/therapy/occupational-therapy/)

SCHOOL NURSING:

(Some emotional regulation work, anger management, enuresis, etc)

<https://www.buckshealthcare.nhs.uk/cyp/school-years-development/school-nursing/>

SEXUAL ASSAULT:

Contact details for Aylesbury Vale & Milton Keynes Sexual Assault & Abuse Support Service (AVMK SAASS), available to women, girls, men, and boys are as follows:

Helpline: 01296 719772 Website: <https://avmksaass.org.uk/>

Email address (General): support@avmksaass.org.uk

Aylesbury Vale office: 01296 392468

Services provided, areas Covered: Buckinghamshire and Milton Keynes:

- Counselling
- One to one and group therapy
- Pre-trial therapy
- Information and Advice
- Befriending
- Drop-in centre by invitation only

SUBSTANCE USE:

<https://cranstoun.org/help-and-advice/young-people/switch-bucks/> - Here4Youth, Substance use