



I need help with...

FEELINGS AND EMOTIONS

Here are some useful links



CHILDLINE

Childline: for all ages up to young adult. Articles and message boards as well as phone or on-line support. There are mood trackers, games and videos.

KOOTH

Blogs on all sorts of topics plus the option of having free online chats with a qualified counsellor. All ages – most suitable from about 12+ years but younger children could look at this with a parent.

OFF THE RECORD

Bristol based charity but website available to all, very easy to navigate. Also have a parents group.

THE MIX

A website for young people with a good mix of expert advice with blogs, message boards and personal stories. There is also a helpline and option for 1-2-1 e-mail support.

NO PANIC

A national charity helping people who suffer from panic attacks, phobias, OCD and other forms of anxiety. Check out their Youth Hub and youth helpline for ages 13-20 yrs.

ADHD MENTAL HEALTH .ORG

This is a downloadable booklet all about ADHD in children. It is designed for parents, adults living with ADHD and friends or carers. It contains some quotes from parents about how ADHD affected them. It has very practical advice on ways parents can help communicate with their child as well as what medication can be used. There is also information on how schools can help.

YOUNG MINDS

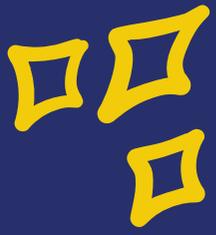
This is a much briefer summary of ADHD but contains information on medication and what you should be offered. It also has a good list of contacts for you and also for young people.

MOODTOOLS APP

A free App for managing depression with mood tracker, videos, meditations and more. A sister App to the popular FearTools for anxiety.

GENDER AND SEXUALITY

Here are some useful links



MERMAIDS

Individual and family support for young people with gender identity issues

STONEWALL

LGBT information including support and advice on coming out

DEPEND

Free, confidential, non-judgmental advice, information and support to family members and friends of transsexual people

