

CAMHS Single Point of Access

**Southampton City Directory of
Services and Support**

November 2019



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Adult Mental Health Services

Acute Mental Health Crisis Team

- Acute Mental Health Teams provide intensive support for people experiencing an acute or 'crisis' episode during their mental illness. Also known as 'hospital at home', this service is available 24 hours a day, 365 days a year.
- Referral is through Local Community Mental Health Teams
- Southampton Contact Numbers: 023 8083 5535 or 023 8083 5552
- <https://www.southernhealth.nhs.uk/services/mental-health/mental-health-community-services/acute-mental-health-teams/>

Community Mental Health Teams (Adult)

- Southampton (Central): 02382 310726
- Southampton (East): 02382 310982
- Southampton (West): 02380 878040

Autism Services

Aspie Helping Hands Evening Group

- Free support group for parents/carers of children and young people who are on the autistic spectrum. The group is run by parents whose children are in primary and secondary school.
- They meet once a month at St Annes School, Carlton Rd, Southampton, SO15 2WZ.
- <https://carersinsouthampton.co.uk/aspie-helping-hands-evening-group-in-southampton>

Autism Assessment Service

Adelaide Health Centre, 2nd Floor, William Macleod Way, Southampton, S016 4XE

- Professional referral to the autism assessment service where there are sufficient indicators that a child or young person over 8 years of age would benefit from an assessment of autism.
- Children under the age of 8 should be referred to the Community Paediatric Service also based at the Adelaide Health Centre.
- Both services accept referrals in writing and can be contacted on 0300 123 6661.

Autism Drop In

Horizon, based on Western Hospital Site, William Macleod Way,
Southampton, SO16 4XE

- Open to families who have been accepted for an assessment of autism.
- A drop in group for parents to access support, advice and guidance.
- Runs every Friday morning term time.
- Contact Sue Stinson on 0300 123 6661 for information.

Autism Hampshire

Head Office, Whiteley, Hampshire, PO15 7AH

023 80 766162

information.advice@autismhampshire.org.uk

<https://www.autismhampshire.org.uk/how-we-can-help/information-advice/>

- Provide information, advice and guidance for individuals on the autistic spectrum, their families and professionals pre, post and during assessment and diagnosis.

National Autistic Society

- The NAS champions the rights and interests of all people with Autism. They provide local advice and support for families affected by autism with practical and emotional support.
- For further information call 0808 800 4104 or email seregionalteam@nas.org.uk or access their online webpage: <http://autism.org.uk>

Bereavement Services

Winston's Wish

- Winston's Wish is a bereavement agency for children and young people aged 6-18 who have lost a close one or who are grieving. They offer practical support and guidance to families' children and to young people to live with their grief.
- Winstons Wish offers an online chat to help a person talk about their grief
- For further information then please call 08452 030405 or access their website www.winstonswish.org.uk

Simons Says- Child Bereavement Support

- Offer support for young people up to the age of 18 when a significant person in their life is dying or has died. They offer information and advice, run a telephone support line and host monthly age appropriate support groups.

- For further information then please call 01794 323 934 or access their website www.simonsays.org.uk

CRUSE Bereavement Centre

- Offer support, advice and information to children, young people and adults when someone dies.
- Contact the team on 023 8077 4900 or their national helpline 0808 808 1677
- Email: southhampshire@cruse.org.uk

Counselling Services

No Limits

No Limits Advice Centre, 13 High Street, Southampton, SO14 2DF

- For free advice and information or young people aged between 11-25. They can provide information and help regarding: Emotional health and wellbeing, Drugs and alcohol, Family and parenting, Housing and homelessness, Money and budgeting, relationships, sexual health and sexuality, School, work and training etc
- To make a referral or find out more about this service then please contact Tel: 02380 224 224 or email enquiries@nolimitshelp.org.uk
Alternatively go to <https://nolimitshelp.org>

On-line Counselling

No Limits Advice Centre, 13 High Street, Southampton, SO14 2DF

- This is for young people aged 14 and over who live in Southampton with a Southampton GP. The wait is approx. 2-4 weeks. It's online and is with a real counsellor, some young people prefer this as it's not face to face. It's also useful for a young person while they're waiting for other support, or face to face counselling.
- To access this please follow this link:
www.hampshireyouthaccess.org.uk

Young Minds Crisis Messenger

- For young people experiencing a mental health crisis. They can text the YoungMinds Crisis Messenger for free – 24/7
- www.youngminds.org.uk
- Text YM to 85258

Domestic and Sexual Abuse Services

Yellow Door

30 Brookvale Road, Southampton, SO17 1QR

- Yellow Door offer supportive, non-judgmental services to those living across Southampton & western Hampshire who have experienced abuse at any point in their lives. Services are free to access, and available to anyone, regardless of gender or any other factor. They offer individual and group therapies.
- To make a referral for this service please contact Yellow Door Tel: 023 8063 6312 or email: info@yellowdoor.org.uk

PIPPA

Prevention, Intervention and Public Protection Alliance

- This is an alliance of specialist Domestic and Sexual Abuse services in Southampton, offering support to women, men, children, young people and families. For individuals and their family members who is experiencing (or has experienced) physical, emotional, financial, sexual abuse or abuse from a partner or ex-partner.
- To make a referral for this service please contact Tel: 023 80917917. Or alternatively email: www.pippasouthampton.org

Southampton Domestic Abuse Service

PO BOX 644 Southampton SO15 2GF

- This Service delivers support, advocacy and guidance to victims/survivors of domestic abuse and their children.
- To make a referral to this service please contact: 02380 671626/07739303362 Or alternatively please email: ruth.young@homegroup.org.uk

Early Intervention in Psychosis

- Early Intervention in Psychosis Services are a specialist service for people aged 14-35. The service helps assess, treat and support young people in the early stages of a psychotic illness.
- Telephone: 023 8087 8040

Family Counselling

Southampton Relate

Kingsland Square, St Mary's Street, Southampton SO14 1NW

- Relate Offer a range of services for couples, individuals and families to help them with their relationships. They provide family mediation, family therapy and relationship counseling.

- For further information about how this service and how to make a referral then please call 01962 861336 or alternatively please access there website at www.relate.org.uk

Gender Identity

Yellow Door

30 Brookvale Road, Southampton, SO17 1QR

- Yellow Door provide a service that is available specifically for young people who may be questioning, or struggling with, their gender identity. The Gender Dysphoria Therapeutic Group works with young people aged 11 - 18 who are experiencing difficulties regarding their gender identity.
- To make a referral or to find out more about this service please contact Yellow Door Tel: 023 8063 6312, email: info@yellowdoor.org.uk or go online <https://yellowdoor.org.uk>

Hoarding

Adult Social Care Connect

- Offer support for anyone who is struggling to get on top of their clutter and hoarding.
- If the family live in in a council or housing association property then contact their housing provider for further information and support.
- If the family privately rents or owns their home, call Adult Social Care Connect on 023 8083 3003 or report concerns at <http://www.southampton.gov.uk/health-social-care/adults/help-for-vulnerable-adults/>

Additional Information and Advice

- Help for hoarders: <https://www.helpforhoarders.co.uk/>
- Hoarding UK: <https://hoardinguk.org/>
- Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/hoarding>
- NHS: <https://www.nhs.uk/conditions/hoarding-disorder>

Information Services

Southampton Information Directory

- This is an online resource which can help to further assist you in finding the right support that is needed for you and your family from the age Of 0-19. Including childcare, things to do and Sure Start centres.
- To access this service then please go to the website:
<https://sid.southampton.gov.uk/kb5/southampton/directory/home.page>

LGBTQ+

Break Out Southampton

No limits Advice Centre, 13 High Street, Southampton, SO14 2DF

- A support for young people who are understanding their sexuality identity and are aged between 11-21.
- To make a referral please contact No Limits Tel: 02380 224 224 or alternatively email enquiries@nolimitshelp.org.uk or for further information go online: <https://nolimitshelp.org>

Parent/Carer Support

Re:Minds

www.reminds.org.uk

<https://www.facebook.com/groups/reminds>

- A parent-led group for families of children with autism and/or mental health issues. Founded with mutual support in mind, and for families whose children face similar issues to meet up in an informal setting and share knowledge and talk about any issues they are facing
- To get further information please contact Gill Waring :
re.mindssouthampton@gmail.com

SENDIASS

Southampton special educational needs and disability information and advice and support service.

- SENDIASS aims to empower children and young people with special educational needs/disabilities and their parents/carers to make informed decisions about education, health and social care. The level of service we can offer you depends on where you live within the city.
- To get further information then please contact 0300 303 2677 or email southamptoniass@roseroad.org.uk

Southampton Advice and Representation Centre (SARC)

Porchester Road, Southampton, Hampshire, SO19 2JB

- SARC can support parents and families with Welfare Benefits ,Advice Disability living allowance, attendance allowance, carers allowance, employment and support allowance, income support, pension credit, tax credits, housing benefit, council tax benefit and jobseekers allowance. Employment Law Advice Unfair dismissal, all forms of discrimination (sex, race, age, sexual orientation, part-time working, pregnancy, disability), unpaid wages, redundancy, minimum wage and holidays.
- To get further information then please contact 023 8043 1435.

Southampton Parent Carer Forum

The Bradbury Centre, 300 Aldermoor Road Southampton SO16 5NA

- This service supports parents/carers who have children and young people with special educational needs and/or disabilities aged 0-25 years. The forum support and train parent/carers to enable them to have input and be involved with shaping services alongside the professionals who provide health, education, adult and social services .
- To get further information then please contact 07410 411344 or alternatively email: clairepritchard@roseroad.org.uk

Pregnancy Related Counselling

The Firgrove Centre

107 Firgrove Rd, Southampton

- Offering support and information for an unintended pregnancy as well as pre and post abortion, post-adoption, miscarriage and baby loss counselling.
- For referrals or queries telephone 023 8078 3134 or contact the service via their website <https://www.thefirgrovecentre.org.uk/>
- The Centre is open Mon, Tues, Weds and Fri

SANDS

Stillbirth and Neonatal Death Charity

- SANDS provides bereavement support services at both a local and national level. These include the Freephone helpline, mobile app, online community, family support packs, memory boxes and over 100 regional support groups run by trained befrienders.
- Freephone helpline: 0808 164 3332 / helpline@sands.org.uk
- Main website: <https://www.sands.org.uk/>
- Local support group:
 - Phone 07970 981 550
 - Southampton@sands.org.uk
 - www.southamptonsands.org.uk

Safeguarding Concerns

Child/Young Person

- The MASH in Southampton provides triage and multi-agency assessment of safeguarding concerns. It brings together professionals from a range of agencies into an integrated multi-agency team. This team protects the most vulnerable children from harm, neglect and abuse by meeting goals specifically related to safeguarding
- To discuss concerns first members of the public can call 023 8083 3336. Professionals can contact the team on 023 8083 2300.
- Online referral form can be located via <https://www.southampton.gov.uk/health-social-care/children/child-social-care/child-protection.aspx>
- In addition the Solent Safeguarding Team can be contacted for advice and guidance on 03001233917.
- Safeguarding referral flowchart can be located on SolNet.

Adult

- The SCC Safeguarding Adults team run a duty advice service on 023 80834307 in office hours.
- Referral is through completed referral form and emailed to adultsocialcareconnect@southampton.gov.uk
- Professional Helpline Tel: 023 8083 4307, 9am to 12noon, Monday to Friday

Substance Misuse

COSMO

No Limits Advice Centre, 13 High Street, Southampton, SO14 2DF

- A No Limits group for YPs aged between 11 and 18 affected by the substance use of friends or family - the COSMO group will provide a safe space for them to relax, have fun, make friends, talk about experience's and get active.
- To make a referral or find out more about this service then please contact Tel: 02380 224 224 or email enquiries@nolimitshelp.org.uk
Alternatively go online to gather further information <https://nolimitshelp.org>

DASH

No Limits Advice Centre, 13 High Street, Southampton, SO14 2DF.

- The DASH service is run by No Limits and provides help and support for young people up to the age of 25 who would like support with their drugs or alcohol use. The team are based at the Advice Centre.
- To make a referral or find out more about this service then please contact Tel: 02380 224 224 or email enquiries@nolimitshelp.org.uk
Alternatively go online to gather further information
<https://nolimitshelp.org>

Support for Parents and Families

Early Help Hub and Families Matter Services

Families Matter, Southampton City Council, Civic Centre, Southampton, SO14 7LY

- Helps puts a professional network of support around a family to help with things like their health, getting into work and improving school attendance. The support offered through the Early Help Hub is based on what each family needs and is totally voluntary so it only takes place if the family agrees to it. The team works with the whole family, helping to identify the areas of support needed and pulling a plan together. The team contains multi-agency, skilled workers from many different services and backgrounds including: Social Workers, Health Visitors, School Nurses, Education Welfare Officers, family Engagement Workers, Youth Engagement Workers and the Youth Offending Service. You can make a self-referral for this service.
- The support offered by the Early Help Hub includes the successful Families Matter programme, which is Southampton's response to the Government's Troubled Families agenda.
- The number for parents/families if they want to refer themselves directly/chat to someone is 02380 833535 or email: EarlyHelpHub@southampton.gov.uk

EPEC Empowering Parents Empowering Communities

- Empowering Parents, Empowering Communities (EPEC) is a method of prevention and early intervention that helps children and families get the very best start in life. EPEC parenting courses are led by local parent facilitators who have completed accredited EPEC training and receive on-going training, supervision and support from parenting specialists based in a local EPEC Hub. Each EPEC Hub provides the expertise, organisation, ethos and oversight to ensure safe, high quality, and effective practice. EPEC parenting programmes combine the latest developmental science and theory with well-evidenced parenting strategies and methods. EPEC offers the following parenting programmes:
 - **Being a Parent**, for parents of children age 2-11 years

- **Baby and Us**, for parents of babies aged 0-1 year
- **Living with Teenagers**, for parent of adolescents aged 12-16 years
- For further information and to make a referral then please go line too: <https://www.southampton.gov.uk/health-social-care/children/child-social-care/early-help.aspx>

EU Welcome

- Provides information advice and guidance to EU citizens living and working in Southampton. We are here to help arrivals to Southampton (and beyond) from all countries of the EU. We provide advice, signposting and support.
- To find out more please contact Ania Krzywicka Tel: 07928 362 088/07917 879 259 or alternatively by email ania@euwelcome.org

Families First Southampton

- A service to support fathers to remain involved in the care of their children. Families First Southampton seek to deliver services to all fathers and men who provide care for children in collaboration with other agencies. We will also work with other organisations to establish father friendly drop-ins and support groups.
- To find out further information Please text/phone 07427289813 or alternatively email nigel@familiesfirstsouthampton.org

Safe Families for Children

- The Service puts volunteers from the local community around families in crisis to enable them to stay together and reduce the number of children going into care. These volunteers become Family Friends, Host Families, and Resource Friends.
- To find out further information please either call 023 8225 0131 or alternatively email southcoast@safefamiliesforchildren.com,

Southampton Family Trust Courses

- Provide information and where possible free parenting courses. This includes Strengthening families and Emotional First Aid for Parents. Couples work and one to one support for various life stages.
- To find out more information and to make a referral please access the Southampton Information Directory at <https://sid.southampton.gov.uk/kb5/southampton/directory/home.page>

Sure Start Childrens Centre's

- Sure Start offers lots of different services and activities, including: Learning through play in “come and play” and “family points” (health, help and play). Health advice from midwives, health visitors, other health professionals, family points and child health clinics within the Children’s Centre’s. Family support Information and guidance on breast feeding, health and nutrition. Smoking cessation support for families with children

with additional needs. Speech and language support. Advice and support for parents including dads groups and young parents training courses. Other training courses offered throughout the City include parenting classes, ESOL, money management and healthy cooking amongst others.

- More information about up to date courses on the West, East and Central Southampton Via;
<https://sid.southampton.gov.uk/kb5/southampton/directory/family.page?familychannel=2>

Young Minds

- National charity for the promotion of children and young people's mental health. The charity publishes a number of guides in connection with varied aspects of children and young people's mental health including direct information for parents and carers such as *Starting the Conversation* - hints and tips of conversation ideas if you are worried that your child is having a hard time.
- www.youngminds.org.uk

Young Carers

Carers in Southampton

- A free service for adult and those young people identified as young carers. For individuals who give their time unpaid to look after family members, friend or neighbor with additional needs. They offer support, guidance, sign posting, information and statutory carers' assessments. You must be resident in a Southampton city postcode or looking after someone who lives in a Southampton city postcode.
- For further information please call **023 8058 2387**

Honeypot Charity

- Honeypot works to enhance the lives of children and young carers aged 5-12 years by providing respite breaks and on-going outreach support.
- Tel: 023 8089 0002
- <https://www.honeypot.org.uk>

Young Carers

No limits Advice Centre, 13 High Street, Southampton, SO14 2DF

- A service for children and young people aged 0-18 that provide support and advice and activities for young people whose lives are being affected by caring for an unwell member of the family.

- To make a referral please contact No Limits Tel: 02380 224 224 or alternatively email enquiries@nolimitshelp.org.uk or for further information or go online: <https://nolimitshelp.org>.

Youth Support Services

Board in the City

38-40 Onslow Road, Southampton, SO14 0JG Tel: 023 8178 3240
info@boardinthecity.co.uk

- A tabletop gaming café that pride themselves in their all-inclusive culture

Fairbridge and Princes Trust

61-64 High Street, Southampton SO14 2NS

- Prince's Trust centers currently offer the Fairbridge Programme, which is an individually tailored personal development programme combining one-to-one support and group activities. They work with young people aged 11-30 work towards personal goals.
- To make a referral or to find out more about this service please contact: 02380 231666 or alternatively please email: southamptoncentre@princes-trust.org.uk or go online to gather further information: princes-trust.org.uk

Teen Safe House

No limits Advice Centre, 13 High Street, Southampton, SO14 2DF

- The No Limits Teen Safe House project is a support group for young people aged 13 to 19 suffering from confidence or anxiety issues. This can be anything from feeling different, invisible, misunderstood, hearing voices, depressed, struggling to cope, lonely, stressed or anxious.
- To make a referral or find out more about this service then please contact Tel: 02380 224 224 or alternatively please email enquiries@nolimitshelp.org.uk or go online to gather further information : <https://nolimitshelp.org>



No Limits

Advice centre	<p>Open access drop in service for young people under 26 years old in Southampton city centre.</p> <p>Opening hours:</p> <p style="text-align: center;">Monday: 10am – 5pm Tuesday: 10am – 5pm Wednesday: 1.30pm – 8.00pm Thursday: 10am – 8.00pm Friday: 10am – 5pm Saturday: 10am – 1.30pm Sunday: Closed</p> <p>Work Club – Support with Job hunting, careers advice, CV writing, mock interviews and training opportunities. Work Club runs every Thursday from 2-4pm at the Advice Centre.</p>
Breakout youth	A charity providing support and help for lesbian, gay , bisexual , transgender and questioning young people (11-25)
Bright beginnings	Mentoring vulnerable young parents from week 12 of their pregnancy.
Buzz	Educating 11-16 year olds in Southampton about the risks and dangers of drinking alcohol.
Counselling	4-25 year olds, in a variety of setting throughout Southampton.
DASH	Drug alcohol support and health for 11-25
Gateway navigators	Working with young offenders to reduce criminal activity and promote positive engagements with the community
Community support	Services for young people 16-25 at risk of losing their tenancy/ having to leave the family house.
Girl talk boy talk	Single sex educational programme delivered by trained facilitators over 4-7 weeks in a variety of settings.
Hampshire youth access	Counselling support for 5-17 year olds across Hampshire.
Health and wellbeing.	<p>Drop- ins in colleges and secondary schools in Southampton.</p> <p>Bitterne park secondary school – Tuesdays 2:00-3:00pm</p> <p>Cantell maths and computing college- Wednesdays, 12:20-1:05 pm</p> <p>Chamberlayne college for arts – Mondays, 2:00-2:50 pm</p> <p>Oasis academy Lordshill- Thursday 2:40-3:40 pm</p> <p>Redbridge community school- Tuesdays 12:40-1:05pm</p> <p>Regents park community college- Mondays 2:20-3:20pm</p> <p>The Sholing technology college – Wednesday 2:00-3pm Thursday 1:40pm-2:40pm.</p> <p>Upper Shirley high school - Mondays 2:15-3:15pm</p> <p>Woodland community college – Thursdays 2:30-3:15pm</p> <p>City college- Thursdays 11:30-1:00 pm</p> <p>Itchen college – Thursdays 11:45 – 1:15pm</p> <p>Taunton’s college – Mondays 11:15-12:45pm</p>
Housing	Support for young people ages 16-25 who are street homeless or at risk of becoming street homeless.

Making our rights reality.	Providing young people with information about their rights and empowering them to take social action.
Next steps	Helping young carers, care leavers and young offenders.
No limits extra.	One-to-one support for young people 11-25 for anything that's holding them back.
Teen safe house 13-19	Offer weekly sessions that are fun and full of activities. Wednesday 5:30pm to 7:30pm Supports with -anxiety -depression -self harming -loneliness Or anything else they feel they need help with.
Safe house 18-25	Offer weekly sessions that are fun and full of activities. Tuesdays 5:30pm to 7:30pm Supports with -anxiety -depression -self harming -loneliness Or anything else they feel they need help with
Community navigation 13-25	Community navigation is a service for young people ages 13-25, that helps them to live well by connecting them with activities and people in their local communities. - Isolation and loneliness - Anxiety , stress and low-mood - Housing, money and benefit issues - Work and unemployment - Cultural barriers - Lifestyle factors such as diet and exercise.
Time 4U 11-18	Weekly youth group for young people with learning difficulties, educational or behavioural difficulties.
Web chat	Online advice through our website.
Young carers. 8-18	Providing support to young cares 8-18 across the city.
Family Navigator	Accepts referrals for young people aged 5-19 years and their families. The following interventions are offered: •Assessment, support and signposting to families where a child or young person's attainment or attendance at school is impacted by a health issue. •Engagement with families and young people (5-19 years) to enable them to connect to the help they need, receive assistance in a timely way and gain support to negotiate challenging situations.

Suggested Reading

There's a lot of evidence that using good quality self-help reading can be very effective in helping parents and carers understand their child's condition. These specially selected books and CDs are mostly aimed at parents or carers, but some are suitable for children too. For self-help reading to be the most beneficial it's important to make time to read the recommended books and try any of the suggested exercises.

These are just some suggestions and parents/carers and other professionals will have others they would recommend.

ADHD

- Step by step help for children with ADHD: A self-help manual for parents, *Cathy Laver-Bradbury et al*
- 100 Questions and Answers About Your Child's Attention Deficit Hyperactivity Disorder, *Ruth D Nass*
- Full of Beans, *Chris Wever*

Anxiety

- Getting through anxiety with CBT: a young persons guide *Ben Gurney-Smith*
- Helping your anxious child: a step-by-step guide for parents *Ronald M Rapee*
- Helping children cope with anxiety *Jill Eckersley*
- The school wobbles *Chris Wever*
- The panic book *Neil Phillips*
- Helping your Child with Fears and Worries, *Cathy Creswell and Lucy Willetts*
- Starving the anxiety gremlin, *Kate Collins-Donnelly*
- What to do when you worry too much: A kids guide to overcoming anxiety, *Dawn Huebner*

Autism Spectrum Condition

- Asperger's Syndrome: a guide for parents and professionals, *Tony Atwood*
- 1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders, *Ellen Notbohm and Veronica Zysk*
- Freaks, Geeks and Asperger Syndrome, *Luke Jackson*
- Parenting a Child with Asperger Syndrome: 200 Tips and Strategies, *Brenda Boyd*

Bereavement

- Talking with Children and Young People about Death and Dying: A workbook, *Mary Turner*

Depression

- Getting through Depression with CBT: a young person's guide, *Louise Dalton and Alice Farrington*

- Think Good, Feel Good: a behaviour therapy workbook for children and young people, *Paul Stallard*
- Starving the Depression Gremlin: A CBT Workbook, *Kate Collins-Donnelly*
- Behavioural Activation with Adolescents: A Clinicians Guide, *Elizabeth McCauley*

Eating Disorders

- Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers, *Janet Treasure*
- Anorexia and Bulimia in the Family - one parent's practical guide to recovery, *Grainne Smith*

Obsessive Compulsive Disorder

- Touch and Go Joe: an adolescent's experience of OCD, *Joe Wells*
- Up and Down the Worry Hill: a children's book about obsessive compulsive disorder and its treatment, *Aureen Pinta Wagner*
- The Secret Problem, *Chris Weaver*
- Breaking Free from OCD: A CBT guide for Young People and their Families, *Jo Derisley*
- Talking Back to OCD, *John S March and Christine Benton*

Self Harm

- What's the Harm: a book for young people who self-harm or self-injure, *Louis Arnold and Anne Magill*

Tourettes

- Tourette's Syndrome - A Practical Guide for Teachers, Parents and Carers, *Amber Carroll and Mary Robertson*

CDs for Anxiety and Low Self-Esteem

- | | |
|-------------------------------------|----------------|
| • A Children's Confidence CD | Glenn Harrold |
| • Learn how to think positively | Glenn Harrold |
| • Overcome fears and phobias | Glenn Harrold |
| • Develop a powerful memory | Glenn Harrold |
| • Build your self-esteem | Glenn Harrold |
| • Weight control | Glenn Harrold |
| • Complete relaxation | Glenn Harrold |
| • Self confidence | Glenn Harrold |
| • Successful relationships | Glenn Harrold |
| • Energy and motivation | Glenn Harrold |
| • Relax Kids: Sparkling meditations | Marneta Viegas |
| • Relax Kids: Super Heroes | Marneta Viegas |
| • Relax Kids: Nature | Marneta Viegas |
| • Relax Kids: Wizards | Marneta Viegas |
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