



## Self-help resource list

Reviewed and recommended by Wellbeing Practitioners at Young Somerset August 2020

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## Section 1

### Children 12 and under

#### 1-Depression

1. [Childline](#)
2. Book-[Sometimes when I'm sad](#) by Deborah Serani
3. App – [Smiling Mind](#)-free for 7+ mindful meditation
4. App – [Mindful powers](#) -in built costs- game based, mindfulness, resilience, coping with stress
5. App – [Mindful GNATS](#)
6. App- [Positive penguins](#), less than £2, 9-11, help to identify negative thoughts and linking to feelings

#### 1-Anxiety

1. Book-[Wilma Jean the worry machine](#)- Helps explain worry management
2. Book-[Ruby's Worry](#) – Youtube video and book-Helps explain importance of talking
3. Book-[The huge bag of worries](#)– Youtube video and book. Helps explain importance of talking
4. Book-[How big are your worries little bear?](#) Youtube video and story book
5. Website & Videos for school anxiety/refusal - [Young Minds - Supporting your child with school anxiety and refusal](#)
6. App- [SAM, Self Help for Anxiety Management](#). AGE 4+. Games, tools and anxiety tracker
7. App- The Worry box, free, 6-16, based on CBT

#### 1-Separation Anxiety

1. Book-[The Kissing hand](#), by Audrey Penn
2. Book-[Llama llama misses mama](#) by Anna Dewdney
3. App- [Worriots \(age 5+\)](#) -various anxiety presentations. Family version also available
4. App-[Breathe, think, do with Sesame Street](#) for children and parents,



## 1-Social Anxiety

1. Book-[Wemberly Worried by Kevin Henkes](#) (general worry/anxiety)
2. App-[Worri-nots \(age 5+\)](#) -various anxiety presentations. Family version also available
3. App- [Smiling Mind](#)
4. App- [SAM- anxiety management 4+](#)
5. App-[Breathe, think, do with Sesame Street](#) for children and parents,

## 1-Panic

1. Book (anxiety and panic) - [Starving the Anxiety Gremlin](#)
2. Book (anxiety and panic) - [Starving the Anxiety Gremlin for Children Aged 5-9](#)
3. Resource-[Worry Cards for Young Children:](#)
4. App- [Mindful gNATS](#)
5. App- [Sesame Street Anxiety resource for Young Children:](#)

## 1-Phobias

1. Book- [There's an alligator under my bed by Mercer Mayer](#) Youtube video and book
2. Book- [The dark by Lemony Snicket](#) Youtube video and book
3. Book- [Did my owl just growl, Fobie friends. Multiple books in this series to address specific fears](#)
4. App- [Fobie Friends](#), helps young children overcome specific phobias such as darkness and heights.

## 1-OCD

1. Book-[What to do when your brain gets stuck by Dawn Huebner](#)
2. Book- [10 Turtles on Tuesday by Ellen Flanagan Burns](#)
3. Workbook- [Standing up to OCD, activities and picture book.](#)
4. Book- [Blink, Blink, Clop, Clop. Book and youtube video](#)
5. App- [My OCD fighter](#)



6. App- [Live OCD Free](#)- app for parent and children users £19

## 1-Self regulatory problems

1. NHS online story- [Beating sneaky poo](#) For toileting problems due to anxiety
2. NHS online story- [Poo goes to Pooland](#) For toileting problems due to anxiety
3. Youtube story-[Poo goes to pooland book through youtube](#). For toileting problems due to anxiety
4. App- [Calm counter](#). For children with autism, social stories and anger management tool
5. App- [Breathe, think do with Sesame](#)
6. App-[Dreamy Kid](#), most suitable for children who struggle with self-confidence, anxiety or settling down at bedtime

## 1-Sleep

1. Website-[The Children's sleep charity](#)
2. App- [Headspace for Kids](#)- Cost
3. App-[Relax Melodies- Children's Sleep Meditations](#) -options for older children and adults
4. App-[Kids sleep doctor](#), free from new born to adolescents. For parents to use with children
5. Audio book- [Calm Kids-Bedtime meditations for kids](#) (-12) One off cost (approx. £10)

## 1-Relaxation

1. Youtube video-[Peace Out Guided Relaxation](#) - balloon
2. Youtube video-[Peace Out Guided Relaxation](#)- Time out
3. App- [HappiMe](#) for young people – free app that helps raise self esteem, self confidence and happiness levels in children and YP
4. App-[Hospi Chill app](#) – relaxation exercises for children going to hospital
5. App- [Monument valley](#)- beautifully designed game for parents and children with music to de-stress

## 1-Mindfulness

1. [Introduction to Mindfulness](#)



2. [Mindful colouring downloads](#)
3. App [HappiMe](#) for young people – free app that helps raise self-esteem, self-confidence and happiness levels in children and YP
4. App-[Happy Colour by Numbers](#) – colouring for all ages

## 1-Bereavement

1. Book- [When Someone special dies \(7-11\) Child Bereavement UK](#)
2. Activity book- [Muddles, Puddles and Sunshine \(£10.95\)](#)
3. App-[Smiles and Tears by Nelson’s Journey](#)
4. App-[Apart of Me](#)
5. Book- [The Memory Tree by Britta Teckentrup.](#)
6. Book- [Heart in a bottle by Oliver Jeffers](#)

## 1-Risk and distraction

1. [Safety plan](#) - visually adapted for children



Safety plan -  
adapted for YP.pdf

2. Online safety animations ([in line with PHSE](#)) [4-7 yr olds Jessie and Friends](#)
3. Young Somerset’s safety plan (also available in sharepoint as pdf and word)



(<< double-click for pdf here)

- 4.
5. App-[Calm harm-](#) recommended for children under 13 to use with parent/carer
6. App- [Breathe, think do with Sesame](#)
7. App- [Calm counter.](#) For children with autism, social stories and anger management tool



## Section 2

### Young people 12-18

#### 2. Depression

1. Helpline/website [The Mix \(for YP under 25\)](#)
2. Helpline/website [Childline](#)
3. Helpline/website-[Papyrus-YP who feel suicidal](#)
4. Crisis messenger/website/helpline -[Young Minds](#)
5. Selection of self-care activities [Anna Freud - Self Care](#)– developed with young people and growing list.
6. CBT booklets and information sheets -[Get Self Help - CBT](#)
7. Website/app/helpline -[Kooth-counselling for 11-24 year olds](#)
8. Online library [list of highly recommended books inc. online links to the books](#)
8. App- [MoodTools](#)
9. App – [Catch it – NHS recommended-learn how to manage feelings like anxiety and depression. Teaches tools and techniques to look at problems in a different way and improve mental health](#)
10. [The Virtual hope box](#) - For low mood

#### 2. Anxiety

1. Website [Young Minds](#) – for general information
2. Cedar workbook for older adolescents-[Managing your worries](#)
3. Website/online worksheets [NHS- Moodjuice- self help](#)
4. Website & Videos for school anxiety/refusal - [Young Minds - Supporting your child with school anxiety and refusal](#)
5. App – [Catch it –NHS recommended learn how to manage feelings like anxiety and depression. Teaches tools and techniques to look at problems in a different way and improve mental health](#)
6. App- [Mindshift](#)- free for teens and young adults for anxiety and relaxation
7. App- [My Possible self](#). NHS recommended, learn to manage fear, anxiety and stress
8. App-[Mood tracker](#). Helpful for yp with bipolar, low mood, and those taking medication



9. App- [Super better](#)-free and made by game designers. 13+
10. App-[SAM](#)- Anxiety management (free)
11. App-[what's up?](#)

## 2. Separation Anxiety

1. Website/ worksheets-[Get self help – Guide and strategies for CYP](#)- General anxiety
2. Website/helpline-[Childline](#)- strategies and advise for CYP and various presentations of

## 2. Social Anxiety

1. Website/guidance-[NHS guide for mild to moderate social anxiety. For adults and older yp](#)
2. Website-[Childline](#)- strategies and advise for CYP and various presentations of
3. Resource-[What is social anxiety?](#)-useful info sheets
4. Guide for adults- [includes easy read option. Appropriate for older yp](#)

## 2. Panic

1. Website- [Nopanic](#)- Help with panic attacks, obsessions, and phobias. Has a Youth Helpline.
2. Website - [Childline - About Panic Attacks](#) & [Controlling Your Panic Attacks](#)
3. Website-[Mind, information and tips](#)
4. Website-[Teen mental health.org tips and information](#)
5. Website/online worksheets-[NHS/ moodjuice self help](#)
6. App- [Beat Panic](#), costs 0.99, 12+
7. App- [Clear Fear](#)
8. App -[Jitters CBT](#)

## 2. Phobias

1. Online workbook [Moodjuice](#) NHS recommended
2. Website/worksheets- [Get self-help: phobias](#)
3. Website/peer group support- [Mind: Phobias](#)
4. App -[Jitters CBT](#)



5. App- [Beat Panic](#), costs 0.99, 12+

## 2.OCD

1. Cedar pdf/booklet [Exposure response prevention](#) (adults and older yp)
2. Website-[Young Minds](#) – for information
3. Website [OCD UK](#)- Info site for children and young people run by Royal Maudsley Hospital on OCD
4. App [NOCD](#): Kids helpline and app
5. App [My OCD fighter](#)
6. App [GG OCD](#)

## 2.Self-regulatory problems

1. Website/online worksheets [NHS/ moodjuice: Anger- self help](#)
2. App/Website/game/resource [Zones of regulation](#)
3. App -[Headspace for kids](#) (cost)
4. App-[Stop, breathe, think](#)

## 2.Sleep

1. Online workbook- [Mood Juice Sleep Workbook](#)
2. [Get to bed and get some sleep](#) -broken link
3. Information sheets online- [What is sleep hygiene? Centre for clinical interventions](#)
4. App -[Headspace for kids](#) (cost)
5. App-[Pzizz](#)- NHS recommended free with in app costs. ‘dreamscapes’, music, voice overs
6. App-[Kids sleep doctor](#), free from new-born to adolescents. For parents to use with children

## 2.Relaxation

1. [Young Minds](#)- Basic information on relaxation
2. [Breathing example](#)
3. App- [HappiMe](#) for young people – free app that helps raise self esteem, self confidence and happiness levels in children and YP



4. [App-Head Space](#) -guided meditation for children. Cost, NHS recommended
5. [App- Smiling Mind](#) To support children’s mental health through covid pandemic and beyond. Guided meditation, relaxation and mindfulness

## 2.Mindfulness

1. [Mindfulness introduction](#)
2. [Mindfulness colouring downloads](#)
3. App HappiMe for young people – free app that helps raise self esteem, self confidence and happiness levels in children and YP
4. Happy Colour by Numbers app – colouring for all ages

## 2.Bereavement

1. [Child Bereavement UK](#)
2. [Moodjuice workbook](#)
3. App –child Bereavement UK (app form)
4. App -Lilies is a user-friendly mobile grief app for young people which gives virtual hugs. Provides a safe community to share thoughts and memories, as well as grief tips.
5. App – [Apart of me -For young people and families](#)
6. Book- You Just Don’t Understand. To support bereaved teenagers
7. Book- Out of the Blue. to support teenagers and has a variety of activities
8. Book-A Child’s Grief

## 2.Risk and distraction

1. Young Somerset’s safety plan (also available in sharepoint as pdf and word)



(<< double-click for pdf here)

2. [GetSelfHelp safety plan](#) – Link to the getselfhelp safety plan pdf
3. [Young Minds booklet ‘Worried about self injury’](#)
4. [The Butterfly project](#)



5. [The Mighty- self harm coping skills](#)
6. [Papryus, safety plan](#), distraction techniques and how to make a Hope Box
7. [Mind - suicidal feelings](#) – Link to Minds information on suicide, what you may be experiencing, things that influence it and support as well as '[helping yourself right now](#)' and '[How I can help myself in the future](#)' (including safety plan)



suicidal-feelings-2016.pdf

8. [NSPA](#) –links to lots of resources for self -harm and suicide (as well as bereavement by suicide) – document below gives information on self-harm for CYP and families as well as some tips [more informational]



Truth-about-self-harm-  
m-WEB-FINAL-2.pdf

9. [Stay Alive - app](#) – Great app that includes support in the now/in crisis, local and national help with crisis (although none in Somerset), space for safety plan, contacts, creating a wellness plan (things that help, inspiring people, and what I can try to do) and life box – to add photos and videos)
10. [CalmHarm app](#) – gives people an easy to use ‘suggestion box’ of activities they can try when they’re overwhelmed in the moment. Can be really helpful for young people and have received positive feedback around it. However, it is just a tool forming *a part* of the safety plan

## 2. Useful Apps for wellbeing

1. App-[Meetwo](#)- for connecting with other yp



## Section 3

### Parents

#### 3. Depression

1. [NHS guidance for parents of teenagers with depression](#)
2. [Parent Line](#)-free helpline for all parenting matters in England and Wales
3. [Minded resource for families coping with mental health issues](#)
4. [Young Minds](#) – for general information
5. Resources from Verywellmind around supporting teenagers with depression

#### [Self-help strategies](#)

#### [Supporting teenagers with depression](#)

#### [Overview of child depression](#)

#### [Symptoms of depression in children - how to tell](#)

6. App - [Combined minds](#) – help families and friends support young people with their mental health
7. [The Virtual hope box](#) -

#### 3. Anxiety

1. [Helping your child with fears and worries \(book\)](#)
2. [Young Minds](#) – for general information
3. [NHS guidance for parents](#)
4. Website & support guide for school anxiety/refusal PDF - [Young Minds - Supporting your child with school anxiety and refusal](#)



supporting-your-child-at-school.pdf

5. Website - [Mind - Anxiety](#)



6. App - [Combined minds](#) – help families and friends support young people with their mental health

### 3. Separation Anxiety

1. [Helping your child with fears and worries \(book\)](#)
2. [Separation Anxiety psycho education for parents- Help Guide](#)
3. [Child Mind- information for parents and guidance](#)
4. [NHS guidance inc video](#)
5. [NHS recommended guidance](#)
6. [Good school guide](#)
7. [ELSA resources and forum](#)
8. App - [Worriots](#) (parent version available where they can monitor child's character conversations on the Worriots child app)

### 3. Social Anxiety

1. [NHS mild to moderate self help guide for adults](#)
2. [Bristol Childs Parent support](#)
3. [Website-How to help your child with Social Anxiety](#)
4. [Detailed worksheets, techniques, CBT.](#)

### 3. Panic

1. [No Panic- Understanding children and panic + resources](#)
2. Website - [Mind - supporting others with panic attacks](#)
3. Website for young people – can share ideas and resources with child - [Childline - how to deal with panic attacks](#)
4. [App Beat Panic](#). £0.99, NHS recommended, suitable for adults or for adults to use with a child having a panic attack
5. [App-Pocket coach](#) For anxiety, stress and panic. Appropriate for adults but parents could use this to support a child at home.



### 3. Phobias

1. [Bristol child parent support- helping with phobias](#)
2. [No phobia- £1.50 digital leaflet for supporting children with phobias](#)
3. [App Clear Fear](#) suitable for 11-19 year olds and parents can use with other children
4. [App-Phobia free from 'virtually free'](#)

### 3. OCD

1. [NHS guide for parents to help CYP with OCD-online leaflet](#)
2. [Young Minds -Parents guide for CYP with OCD](#)
3. [CBT guide for young people and families- available on amazon £12.99](#)

### 3. Self regulatory problems

1. [Top tips for shifting a child's relationship with eating](#)
2. [Website/helpline Child mind- advice and guidance](#)
3. [Website- Parent center hub](#). Information and guidance

### 3. Sleep

1. [Sleep Council Resource](#)
2. [Sleep for children with complex needs](#)
3. [Information sheet- What is sleep hygiene? Centre for clinical interventions](#)
4. [App Sleep station](#) free if GP recommends it. Guided 9 week support programme which includes a review of your sleep, a coached sleep plan and a progress tracker.
5. [App Pzizz](#) is free with extensions at a cost. soothing dreamscapes and sound effects.
6. [App-Noisli](#)-you can choose different noises such as white noise, rain, thunderstorm. (low cost)

### 3. Relaxation

1. [Young Minds](#)– basic information
2. [Breathing exercise](#)



3. App- Head space, guided meditation, feeling good: positive mindset
4. App- Slumber, smiling mind, just breathe

### 3. Mindfulness

1. [Little book of mindfulness](#)
2. [Mindfulness colouring downloads](#)
3. Happy Colour by Numbers app – colouring for all ages

### 3. Bereavement

1. [Cruse Bereavement for grieving parents](#)
2. [Resources for coping with loss due to suicide](#)- Re- think Mental illness
3. Book- A child's grief (recommended by Winston's Wish)
4. [App – Apart of me -For young people and families](#)

### 3. Risk and distraction

1. [Young Minds guidance for parents with children who self-harm/injure](#)
2. [NSPCC advice and guidance for parents with CYP who self-harm/injure](#)
3. Young Somerset's safety plan (also available in SharePoint as pdf and word)



(<< double-click for pdf here)

4. [GetSelfHelp safety plan](#) – Link to the getselfhelp safety plan pdf
5. [NSPA](#) – [SELF-HARM/INFORMATION] links to lots of resources for self harm and suicide (as well as bereavement by suicide) – document below gives information on self-harm for CYP and families as well as some tips [more informational], and 'how to support someone' is helpful for family or friends.



Truth-about-self-har suicidal-thoughts-ho  
m-WEB-FINAL-2.pdf w-to-support-someor



6. [Coping with self-harm](#) – PDF guide for parents & carers – includes what it is, warning signs, information, how to talk about it, how to manage safety and injury, alternatives to self-harm and support
7. [Harmless](#) – focused on self-harm and more informative that ‘what to do’ – look for ‘advice for family and friends’



factSheet2\_AdviceFor  
FriendsAndFamily.pdf

8. [Mind - Suicide - supporting someone else](#) – Link to Minds information on suicide, and how to support someone else.



support-someone-w  
ho-feels-suicidal-2017

9. [Stay Alive - app](#) – Great app that includes support in the now/in crisis, local and national help with crisis (although none in Somerset), space for safety plan, contacts, creating a wellness plan (things that help, inspiring people, and what I can try to do) and lifebox – to add photos and videos)
10. [CalmHarm app](#) – gives people an easy to use ‘suggestion box’ of activities they can try when they’re overwhelmed in the moment. Can be really helpful for young people and have received positive feedback around it. However, it is just a tool forming *a part* of the safety plan
11. [St Ormond’s street guidance for children for hospital visits](#) (applicable in other situations)
12. App - Combined minds – help families and friends support young people with their mental health

Extra helpful resource:

1. [Family Lives](#) – advice about bullying and support through exam stress, early years, divorce and separation, also a helpline and forum to chat to others.
2. [Recovery Warriors for eating, body image, CBT focussed](#)