

E-Clinic resources

Self-help websites

<https://www.moodjuice.scot.nhs.uk/professional/index.asp>

<https://www.getselfhelp.co.uk/selfhelp.htm>

<https://www.cci.health.wa.gov.au/en/Resources/For-Clinicians>

<https://www.therapistaid.com/>

With Me in Mind resources

<http://www.withmeinmind.co.uk/>

<http://www.withmeinmind.co.uk/videos/>

Useful websites

<https://www.camhs-resources.co.uk/websites>

Useful APPS

<https://www.camhs-resources.co.uk/apps-1>

Useful Videos

<https://www.camhs-resources.co.uk/videos>

Useful downloads

<https://www.camhs-resources.co.uk/downloads>

Specific needs

ADHD/ ASD

<https://www.rpcf.co.uk/advice-and-support/local/advice-and-support-services>

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

Anger

<https://youngminds.org.uk/find-help/feelings-and-symptoms/anger/>

<https://www.moodjuice.scot.nhs.uk/anger.asp>

<https://www.getselfhelp.co.uk/anger.htm>

Body image

<https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/>

Bullying

<https://www.nationalbullyinghelpline.co.uk/>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/problems-at-school/>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>

Coronavirus

<https://www.getselfhelp.co.uk/pandemic.htm>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Gender

<https://mermaidsuk.org.uk/>

<https://www.mindout.org.uk/>

Early Help run a youth group for LGBT + young people aged 13 plus. To access the group contact joanne.mclaughlan@rotherham.gov.uk or call Joanne McLaughlan on 07887057462. The group operates from a confidential setting so all referral will have to come through the above contact and a member of staff will meet all young people prior to group.

The Group offers a space where young people can get to know other young people who identify as LGBT +. A space where the staff can offer support and be there to listen, a space where we can build confidence, promote a positive sense of self-worth, look at some of the issues which affect the lives of young LGBT + young people and give young people a voice.

Low mood

<https://www.therapistaid.com/worksheets/activities-behavioral-activation.pdf>

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide>

<https://www.getselfhelp.co.uk/depression.htm>

LOW MOOD/ BEHAVIOURAL ACTIVATION

<https://youtu.be/KFmn2G1asbg> - Behavioural activation explainer video

<https://www.annafreud.org/on-my-mind/self-care/> - Useful website full of self-care ideas and how these can improve mood

<https://www.annafreud.org/media/15030/my-self-care-plan-secondary.pdf> - creating a self-care plan

<https://www.therapistaid.com/worksheets/behavioral-activation.pdf> - Behavioural activation worksheet example

<https://www.therapistaid.com/worksheets/coping-skills-depression.pdf> - Coping skills worksheet

<https://www.therapistaid.com/worksheets/cycle-of-depression.pdf> - Cycle of low mood

An app to try: 'Woebot' – a free download, an app that supports challenging negative thinking through a helpful 'woebot' who chats regularly, also can be used as a mood tracker, journal and gratitude log.

Self-esteem/ Confidence

<https://www.getselfhelp.co.uk/compassion.htm>

<https://www.getselfhelp.co.uk/esteem.htm>

<https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>

<https://www.moodjuice.scot.nhs.uk/assertiveness.asp>

<https://www.getselfhelp.co.uk/interpersonal1.htm>

<https://www.moodjuice.scot.nhs.uk/challengingthoughts.asp>

Self-harm

<https://calmharm.co.uk/>

Sleep

<https://www.therapistaid.com/therapy-worksheet/sleep-hygiene-handout>

<https://www.thechildrenssleepcharity.org.uk/>

Stress

<https://www.moodjuice.scot.nhs.uk/stress.asp>

<https://www.calm.com/>

Transition

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

Trauma/ bereavement

<https://www.getselfhelp.co.uk/flashbacks.htm>

<https://www.moodjuice.scot.nhs.uk/posttrauma.asp>

<https://www.getselfhelp.co.uk/ptsd.htm>

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/bereavement-and-grief-self-help-guide>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/>

<https://www.griefencounter.org.uk/>

https://www.winstonswish.org/?gclid=EAlaIQobChMI4My2_IHm6gIVke7tCh1x3w99EAAYASAAEgId8PD_BwE

Wellbeing

<https://www.getselfhelp.co.uk/PositiveSteps.htm>

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-primary-pack/>

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack/>

Worry/ anxiety

<https://www.getselfhelp.co.uk/emotions2.htm>

<https://www.getselfhelp.co.uk/positive.htm>

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

<https://www.getselfhelp.co.uk/anxiety.htm>

<https://www.getselfhelp.co.uk/healthanxiety.htm>

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/panic-self-help-guide>

<https://www.moodjuice.scot.nhs.uk/challengingthoughts.asp>