

What can you do to help?

Some mental health difficulties can be addressed in school or at home, prior to requesting a service from CAMHS through the Single Point of Access (SPA). There are a number of excellent resources available:



Moodjuice:

www.moodjuice.scot.nhs.uk/

Printable interactive workbooks aimed at young people and teenagers. Evidence based resources.

Young Minds: www.youngminds.org.uk



A leading UK charity providing resources to support children, young people and their families.

Parent Advice Line: 0808 802 5544



MindEd: <https://www.minded.org.uk> is a free educational resource on children and young people's mental health for professionals working with children and young people.



Family Links: www.familylinks.org.uk has a parent page, including free resources and tips.



Family Lives: www.familylives.org.uk is a charity offering support for parents including **Parentline Plus** which runs a free phone helpline, courses for parents, develops innovative projects and provides a range of information.



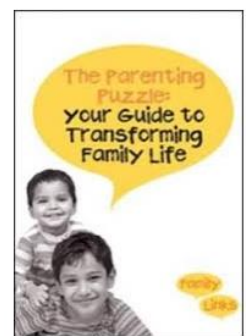
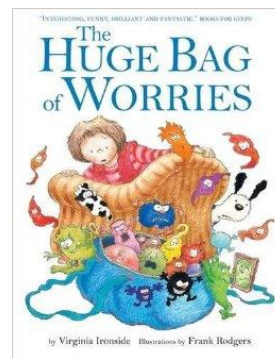
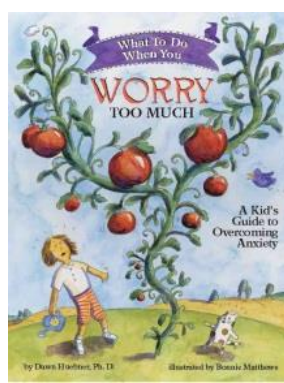
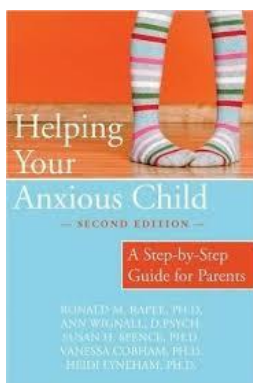
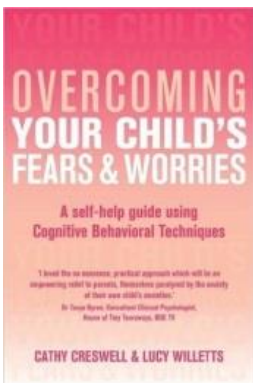
CAMHS Website:

<https://www.oxfordhealth.nhs.uk/camhs/oxon/>



Recommended Books:

- 1) "Overcoming Your Child's Fears and Worries" (2007) – Cathy Creswell & Lucy Willetts
- 2) "Helping Your Anxious Child" (2008) second edition – Rapee, Wignall, Spence, Cobham, Lyneham
- 3) "What to Do When You Worry Too Much" (2006) – Dawn Huebner, Ph.D
- 4) "The Huge Bag of Worries" (2011) – Virginia Ironside
- 5) "The Parenting Puzzle" (2003) – Candida Hunt



Applications for a smart phone/iPad/tablet:

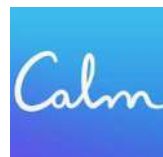
Mindfulness/relaxation:



STOP, BREATHE
& THINK KIDS



HEADSPACE



STOP, BREATHE
& THINK

Support for self-injury:



'Calm Harm'

Use the free Calm Harm app using these activities: **Comfort**, **Distract**, **Express Yourself**, **Release**, **Random** and **Breathe**.

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Email: Oxfordhealth.OxonCAMHSSPA@NHS.net