

Tameside & Glossop MOOD & EMOTIONAL DISORDERS CARE PATHWAY: Getting Advice



SUPPORTING ACCESS TO SELF- HELP RESOURCES



Self-help materials and interventions can be helpful in their own right (unguided self-help) as well as a good starting point to practitioner-delivered care and support (guided self-help). Such self-help interventions have been referred to as 'psycho-education' which is a general approach involving the provision of therapeutic information, written/video or web based materials as well as support and advice from professionals. Recent research favours internet and app based self-help methods for young people.

Many self-help materials use a cognitive, behavioural or problem-solving approach which many young people have found helped them, and they don't feel the need to attend CAMHS - whilst for others it has provided information and is a good starting point until they are able to access more specialist support.

Self-help materials are central to 'low-intensity' interventions for anxiety and low mood. The key therapeutic ingredients in such interventions, the clinical method and adherence to the cognitive-behavioural model, are contained in the structure and content of the materials (books, booklets, audio and internet). Effectiveness, however, also depends on skilled signposting and supportive guidance from a practitioner.

There are many self-help materials on the market, and the vast majority is untested. A very limited number have been evaluated for effectiveness with children and young people. All the materials in this self-help resource meet one or more of the following criteria:

1. Are evidence based (effective in clinical trials)
2. Are recommended by the NHS / Department of Health
3. Stem from a highly reliable clinical source and have been reviewed and recommended by mental health professionals or organisations.

4. Come highly recommended by young people or parents who have used the material
5. Are free and easily accessible

Self-Help Websites for Young People



HeadScape is a 'one stop', self-help website for young people with a range of mental health issues developed by a CAMHS in London. Designed for young people, by young people, to give them a trusted website to use for information, to check how they feel and even take a test to find out if they need help with their emotions. It also offers young people the opportunity to independently undertake a mental health screening questionnaire, which when completed, provides individually tailored advice and information about coping with anxiety and low mood.

<http://headscapegreenwich.co.uk>

EVALUATION CRITERIA: 3, 4 & 5

AyeMind is a website which focuses on ways digital media can support people's mental health. It carries a series of digital resources aimed at boosting young people's mental health, as well as supporting professionals and agencies working with young people. It provides a digital toolkit and online resources to support the mental health and wellbeing of young people aged 13 to 21. Also really good site for professionals who want to learn about how they can use digital mental health resources in their work with young people.

www.ayemind.com

EVALUATION CRITERIA: 2, 3, 4 & 5

Reach is a self help website for young people having problems at school. If a young person is struggling with school for any reason, they can find out about advice and support on this site and listen to other young people who know how they're feeling.

<https://reach.scot>

EVALUATION CRITERIA: 2, 3, 4 & 5

Stem4 is a basic informational website for adolescents who think they may have issues related to depression, anxiety and other conditions. Stem4 also is designed

for friends, family, and teachers of adolescents with these problems. While it does not provide any direct service or interventions, and relies heavily on links to outside resources, Stem4 may be a good starting place for individuals who are interested in learning more about these disorders and where to begin looking for help. It's also the home of the [Calm Harm app](#), which provides tasks that help young people resist or manage the urge to self harm. They can add their own tasks too and it's completely private and password protected.

<http://www.stem4.org.uk>

EVALUATION CRITERIA: 3, 4 & 5

YoungMinds produce a range of easy-to-read publications about young people's mental health and wellbeing. They also provide a vital source of trustworthy online information for young people and parents, where they can share their experiences and support each other.

<http://www.youngminds.org.uk>

EVALUATION CRITERIA: 2, 3, 4 & 5

The Royal College of Psychiatrists publishes factsheets, leaflets and books for children and young people on common mental health problems, including anxiety and mood disorders. Some of these are also available in other languages.

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx>

EVALUATION CRITERIA: 2, 3, 4 & 5

Online Support Services for Young People

Kooth is a free online mental health and counselling service approved by the NHS. You can have a "drop-in" chat with a counsellor or therapist or book a one-to-one session. You can also talk to other young people anonymously on the forums. Evidence suggests that Kooth can help children and young people with a range of different problems, including family problems, eating disorders, loneliness, bullying, anxiety and depression. Kooth is suitable for children and young people aged 11 to 19.

www.kooth.com

EVALUATION CRITERIA: 1, 2, 3, 4 & 5

The Mix is a free and confidential multi-channel service for anyone over the age of 13. Young people can choose how they access support through [articles](#) and [video](#) content online or [phone](#), [email](#), [peer to peer](#) and [counselling services](#)

<http://www.themix.org.uk/mental-health>

EVALUATION CRITERIA: 3, 4 & 5

Childline is free, confidential and available any time, day or night. Young people can talk on the phone, by email or through 1-2-1 counsellor chat. Whatever feels best for them. Online support is also available on Facebook, YouTube and Instagram so young people can share ideas or get tips about lots of different issues, including anxiety and low mood problems.

<https://www.childline.org.uk/get-support/>

EVALUATION CRITERIA: 3, 4 & 5

Evidence Based Self-Help Apps for Young People



There are dozens of mental health apps that are potentially helpful to young people, and many are available at low or no cost to try out. There are many mental health apps on the market but most of them lack an underlying evidence base. At present there are no app specific certification schemes in the UK or internationally. The **NHS health apps library** <http://www.nhs.uk/Pages/healthappslibrary.aspx> has recently been updated after recent critical review found that only 2/14 of the apps it was recommending had any evidence base. Unfortunately all the currently recommended apps are 'prescription only' or relatively costly and adult dominated.

MindTech Healthcare Technology Co-operative is a national UK centre focussing on the development, adoption and evaluation of new technologies for mental healthcare. One of their current priorities is the use of digital technology with young people with anxiety and mood disorders.

<http://www.mindtech.org.uk>

The Anxiety and Depression Association of America (ADAA) has an independent panel of mental health specialists who review all new mobile apps for anxiety and depression. All the apps are rated for ease of use, effectiveness, personalisation, interactivity and research evidence. All the rated apps can be found at:

<https://www.adaa.org/finding-help/mobile-apps>

While not comprehensive, the non-profit US based **PsyberGuide** rates the evidence base for the apps it has reviewed in its database (here are [the mood disorder apps](#), for instance). PsyberGuide also publishes evidence and ranks apps on the basis of their clinical efficacy, which is helpful in certifying that some mobile apps are not harmful and have no security or privacy issues. However with tens of thousands of mental health apps available today, PsyberGuide has reviewed less than 1 percent of them.

The **Beacon** web service <https://beacon.anu.edu.au/pages/about> is part of the [e-hub suite of self-help programs](#), developed and delivered by the National Institute for Mental Health Research in Australia. Beacon provides users with a comprehensive directory of e-health applications (websites, mobile applications and internet support groups), and includes research evidence, reviews, expert ratings and user comments.

Mental health apps should be at least well informed, scientifically credible, peer reviewed and ideally have research evidence to show that they are effective. The following apps for mood and emotional disorders meet most or all these criteria. They are also free and easily accessed.

Depression and Low Mood

Daylio - Diary, Journal, Mood Tracker This app's functionality is pretty self-explanatory, but you don't have to write anything down! The app provides videos that correspond with a given mood, and you select the one that matches how you're feeling. You can also keep a daily mood log and use the app's analytics to see how your feelings ebb and flow. If you're partial to an old-school journal, there's also a section to write down how you feel.

<http://daylio.webflow.io>

EVALUATION CRITERIA: 1, 3, 4 & 5

Depression CBT Self-Help Guide This app's screen test helps users gauge the severity of their depression. It also offers articles on CBT and how it's become one of the most useful forms of therapy to help people with depression. Users can also tap into the tracking feature that lets you focus on positive thoughts and behaviors.

<https://www.excelatlife.com/depression.htm>

EVALUATION CRITERIA: 3, 4 & 5

SuperBetter is a free web and app based program created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health by boosting physical and emotional well-being. SuperBetter is for young people over the age of 13 who want to feel happier and less anxious.

https://www.superbetter.com/how_it_works

EVALUATION CRITERIA: 1, 3, 4 & 5

Anxiety

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and try to face it. This resource lists symptoms of anxiety and offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. It also contains relaxation exercises.

<https://www.anxietybc.com/resources/mindshift-app>

EVALUATION CRITERIA: 3, 4 & 5

What's Up? - Mental Health App is a free app that offers a few cognitive behavior tools (CBT) and Acceptance Commitment Therapy (ACT) methods to help you get through daily stressors. It offers advice on how to deal with the most common negative thinking patterns, as well as metaphors to help you cope with anxiety and low mood. There's also a positive and negative habit tracker, which you can password protect if you feel the need, as well as a catastrophe scale, which helps you determine the true weightiness of the situation at hand.

<https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup>

EVALUATION CRITERIA: 3, 4 & 5

Self-Help for Anxiety Management This app provides self-help techniques to help manage overall anxiety. Track anxiety levels, triggers, and build a personal tool kit in the app. It also provides interactive guidance for practicing self-help and a closed social community to engage with others.

<http://sam-app.org.uk>

EVALUATION CRITERIA: 3, 4 & 5



Sleep Problems

Kids Sleep Dr helps parents understand and improve the sleeping and waking patterns of their child - from newborn right through to teenagers. It includes sleep diaries, sleep patterns and provides personalised sleep tips.

<http://kidssleepdr.com>

EVALUATION CRITERIA: 2, 3, 4 & 5

The SmilingMind app (below) can also be used by young people to help them with settling to sleep.



Relaxation and Mindfulness

SmilingMind is modern meditation app for young people from 7 years up. It is a free web and App-based program, designed to help with reducing anxiety. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programs for different age groups.

<http://smilingmind.com.au>

EVALUATION CRITERIA: 1, 3, 4 & 5

Headspace is targeted to anyone who wants to learn meditation to reduce anxiety and stress and improve their attention and awareness. The skills taught include mindfulness and cognitive diffusion, breathing exercises, meditation practice, tips for increased relaxation, concentration; may be applied to anxiety and depressive disorders, PTSD, and OCD, especially in conjunction with a health provider. This app does a terrific job of describing basic concepts with a creative animated interface, presenting meditation in a user-friendly way with clear instructions; creating an online forum; supplying podcasts; normalizing mind-wandering; and illustrating main points with videos.

<https://www.headspace.com>

EVALUATION CRITERIA: 1, 3, 4 & 5

Self-Help Books for Parents, Carers and Young People

Overcoming self-help books is a series of CBT-based self-help books and book-based courses (also available to download) and written by psychologists, psychiatrists and CBT-trained therapists. The *Overcoming* series is recommended to adults and young people by the NHS as part of its Books on Prescription scheme. The Royal College of Psychiatrists also endorses the series. These books and CDs are based on cognitive behavioural therapy (CBT) and cover more than 30 common mental health problems. Titles include "Overcoming Anxiety" and "Overcoming Depression" and 'Defeating Teenage Depression'.

There are also evidence based books for parents which are highly recommended- such as 'Overcoming Your Child's Fears and Worries' (Cathy Cresswell & Lucy Willetts) and 'Overcoming Your Child's Shyness and Social Anxiety' (Lucy Willetts & Cathy Cresswell). The first book offers lots of practical advice for carers and parents supporting generally anxious children. These books are widely available from bookshops and libraries, and cheaply from used book stores such as those available on Amazon. You can also download them from the *Overcoming* website

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

EVALUATION CRITERIA: 2, 3, 4 & 5

You can also find NHS-endorsed books for common mood and emotional problems on the **Reading Well Books on Prescription website**. Building on the successful adult mental health and dementia schemes, a new booklist for young people has been developed. Reading Well for young people recommends expert endorsed books about mental health, providing 13 to 18 year olds with advice and information about issues like anxiety, stress and OCD, and difficult experiences like bullying and exams. The books have all been recommended by young people and health professionals, and are available to borrow for free from public libraries. Reading Well Books on Prescription helps you to understand and manage your health and wellbeing using self-help reading. The scheme is endorsed by health professionals and supported by public libraries.

<http://reading-well.org.uk/books/books-on-prescription/young-people-s-mental-health/general>

EVALUATION CRITERIA: 2, 3, 4 & 5

Online and Telephone Support Services for Parents

YoungMinds Parents' Helpline is a free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. The helpline number is:

0808 802 5544

www.youngminds.org.uk/for_parents/parent_helpline

EVALUATION CRITERIA: 3, 4 & 5

PAPYRUS

Papyrus run a national helpline, HOPELineUK, including text and email services, staffed by a team of mental health professionals who provide practical help and advice to vulnerable young people (under the age of 35) and to those concerned about any young person who may be at risk of suicide.

<http://www.papyrus-uk.org/>

0800 068 41 41

MIND

Mind is a national charity that provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

<http://www.mind.org.uk>

Educational and Self-Help Websites for Professionals and Parents/ Carers

NHS Choices - CAMHS information for parents.

For parents worried about a child or need advice and support for coping with anything affecting your child's emotional or mental health this website contains an excellent range of self-help resources.

<http://www.nhs.uk/NHSEngland/AboutNHSServices/mental-health-services-explained/Pages/camhs-information-for-parents.aspx>

EVALUATION CRITERIA: 2, 3, 4 & 5

MindED is a portal that provides free, completely open access online bite sized chunks of 'e-learning' available on tablets, phones or computers to help adults to identify, understand and support children and young people with mental health issues. The learning materials are written and edited by experts from the UK and

around the world. Different learning pathways can be followed according to professional or other interests. The e-learning is applicable to a wide range of learners across the health, social care, education, criminal justice and community settings, and for parents and carers too.

The full curriculum can be accessed via the following link:

<https://www.minded.org.uk/local/curricula/view>

EVALUATION CRITERIA: 2, 3, 4 & 5

MindEd for Families has been co-written by parents with a lived experience of child and teen mental health issues and clinical experts. MindEd for Families provides accessible and useful information for parents and carers of children and teens struggling with mental health issues. Covering such topics as:

- What to do in a crisis?
- Parenting difficult children
- Everyday parenting
- Keeping ourselves strong

This new content is available at www.minded.org.uk/families

EVALUATION CRITERIA: 2, 3, 4 & 5

Handsonscotland

This website is designed to help you make a difference to children and young people's lives, by giving you tools to respond helpfully when they are troubled. It is a one-stop shop for professionals and parents for practical information and techniques on how to respond helpfully to children and young people's mood and emotional difficulties.

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

EVALUATION CRITERIA: 3, 4 & 5

NHS self help guides

The guides listed below are available to download in several formats - these include:- A4, A5, large print and easy read. You can also listen to the guides, as well as download MP3 audio copies of the guides.

Anxiety / Depression and Low Mood / Sleeping Problems / Panic / Stress / Controlling Anger / Shyness and Social Anxiety / Obsessions and Compulsions / Bereavement

<http://www.ntw.nhs.uk/pic/selfhelp>

EVALUATION CRITERIA: 2, 3 & 5

