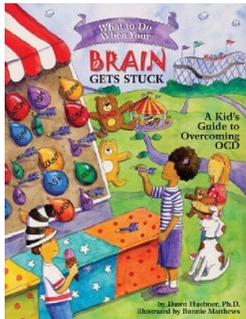


Book: *What To Do When Your Brain Gets Stuck: A Kids Guide To Overcoming*



OCD. Huebner, D. & Matthews, B. (2007).



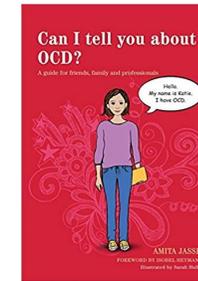
Mood Juice: A website that is designed to help you think about emotional problems and work towards solving them.

www.moodjuice.scot.nhs.uk

OCD Action: This website provides support and information to anybody affected by OCD, works to raise awareness of the disorder amongst the public and front-line healthcare workers, and strives to secure a better deal for people with OCD.

www.ocdaction.org.uk

ocdaction



Book: *Can I Tell You About OCD? A guide for friends, family and professionals.* Jassi, A. (2013).



OCD Youth: Run by young people with OCD, for young people with OCD. They aim to increase awareness and access to support for anyone under 25 affected by OCD.

ocdyouth.org



The Mix: This website offers a multi channel service (call, text etc) to support under 25's in connecting with experts and peers.

www.themix.org



YoungMinds: The Young Minds crisis messenger service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support,

Text 'YM' to 85258.



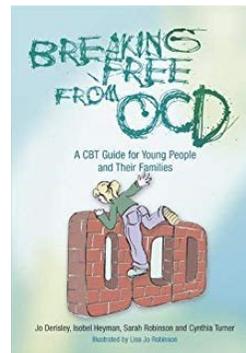
OCD-UK: A charity which provides advice, information and support services for those affected by OCD. Their website offers a wealth of information about OCD.

www.ocduk.org



Shout: The UK's first text service, for anyone in crisis anytime. It is for those struggling to cope and needing immediate help.

Text 'Shout' to 85258



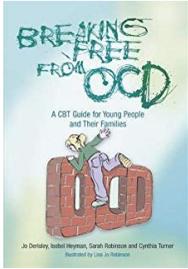
Book: *Breaking Free From OCD: A CBT Guide for Young People and Their Families.* Derisley, J., Heyman, I., Robinson, S., & Turner, C. (2008).

OCD:

Information for young people

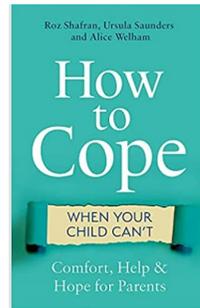
Think Ninja: A mental health app designed for 10 to 18 year olds. It has a variety of content and tools for learning about mental health and emotional wellbeing, and developing skills to build resilience and stay well.





Book: *Breaking Free From OCD: A CBT Guide for Young People and Their Families.* Derisley, J., Heyman, I., Robinson, S., & Turner, C. (2008).

Book: *How to Cope When Your Child Can't: Comfort, Help and Hope for Parents.* By Roz Shafran, Ursula Saunders, Alice Welham (2022).



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OCD in Young People: Information for Parents and Carers



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www.ocdaction.org.uk



Berkshire CAMHS: Information on mental health problems for young people and their parents.

<https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-adolescent-mental-health-services-camhs/about-our-mental-health-services-camhs/>

If your child is having suicidal thoughts or extreme mental health difficulties our team offer mental health support to children and young people and their families/carers between the hours of **8.00am-8.00pm Monday to Friday** and can be contacted on **0300 365 1234**.

Outside of these hours our adult crisis teams can be contacted for advice and guidance on **0300 365 0300**.



The Mix: This website offers a multi channel service (call, text etc) to support under 25's in connecting with experts and peers.

www.themix.org.uk



Family Lives: A national charity offering free support and advice services to parents and carers on any aspect of parenting or family life, including bullying.

www.familylives.org.uk



Young Minds: A charity committed to improving the mental health of young people. They offer support for those worried about a young person's behaviour or mental health.

www.youngminds.org.uk/find-help/for-parents/

Parent Helpline: 0808 802 5544