Resources to Help Schools Promote Emotional Wellbeing

Training in emotional wellbeing and mental health

The majority of the following are national organisations that provide training around children and young people's emotional wellbeing and mental health. As well as these organisations, you should also look at what training is provided locally. For instance, in Leeds, the School Wellbeing team provide a range of training - http://www.schoolwellbeing.co.uk/training_courses

MindEd - https://www.minded.org.uk provides free, completely open access, online education, available on tablets, phones or computers – bite sized chunks of 'e-learning' - to help adults to support wellbeing and identify, understand and support children and young people with mental health issues. The learning material were written and edited by leading experts from the UK and around the world. Once you sign up to MindEd, a Learning Path, based on the role you choose in your profile, will be recommended to you. There is even a default Learning Path, so that everyone who signs in has somewhere to start.

ADDISS – National Attention Deficit Disorder Information and Advice Service - http://www.addiss.co.uk/ This organisation provides training for schools on ADHD management and information and advice about ADHD. They produced 'School Report: Perspectives on ADHD', which illustrates what it is like to be a child with ADHD in the school system - http://www.addiss.co.uk/schoolreport.pdf

Alumina - http://alumina.selfharm.co.uk/ is an online course for young people aged 14-19 years, which was first set-up by selfharm.co.uk – http://selfharm.co.uk/home They provide group and individual courses for young people.

How to Thrive – http://www.howtothrive.org provide training for teachers who want to teach the UK Penn Resilience Programme (PRP). More information about the PRP is in the Promoting Emotional Wellbeing Through the Curriculum section. How to Thrive provide a 5 day programme that provides the skills and knowledge required to teach the PRP curriculum to children and young people. Participants develop their own personal resilience and then apply this insight to teaching the curriculum to young people. The PRP is a licenced model, and only those who have received training through an accredited body such as How to Thrive, can legitimately teach the PRP curriculum.

In our Hands - http://www.inourhands.com/ provide training on a wide range of emotional wellbeing and mental health issues, from promoting positive mental health, to sessions on eating disorders, and self-harm. They aim to ensure that their advice, guidance and any support provided is **completely practical and relevant** to the school environment by working with school staff whenever developing new materials.

They also provide workshops for both young people, and parents. The In our Hands website includes some free resources, which can be delivered to young people, teachers and parents.

Mental Health First Aid England - http://mhfaengland.org/first-aid-courses/first-aid-youth/ is an educational course which teaches people how to identify, understand and help a

person who may be developing mental health problems. They have a specific Mental Health First Aid course that focuses on young people's mental health.

Mindfulness in Schools Project - http://mindfulnessinschools.org/ have developed a range of courses called *.b,* which stands for 'Stop, Breathe and Be' which can be used with a range of different age groups.

National Association of Independent and Non-Maintained Special Schools' (NASS) Making Sense of Mental Health E-Learning Resource - http://www.nasschools.org.uk/ NASS is a membership organisation working with and for special schools in the voluntary and private sectors within the UK. 'Making Sense of Mental Health' is an e-learning resource for staff working in schools with children and young people who have complex SEN. The e-learning training aims to increase staff knowledge about mental health and how this relates to children with disabilities - http://www.nasschools.org.uk/making_sense_of_mental_health.aspx

Place2Be - http://www.place2be.org.uk/ As well as providing counselling services for children and support for teachers and parents, Place2Be provide continuous professional development training sessions that address themes related to children's emotional wellbeing in schools, such as safeguarding, attachment, understanding risks and resilience etc. The sessions help reduce teacher and staff stress by providing practical approaches that help them deliver effective support. They also provide a range of professional qualifications around counselling in schools.

YoungMinds – http://www.youngminds.org.uk provide a range of support to schools, including training. They provide a varied training calendar - http://www.youngminds.org.uk/training_services/training_calendar , but schools can also commission bespoke training packages - http://www.youngminds.org.uk/training_services/training_and_consultancy .

Organisations who Work with School to Provide Emotional Wellbeing Support

Academic Resilience - http://www.youngminds.org.uk/training_services/academic_resilience is a free resource to help schools support pupils' academic resilience, devised by Lisa Williams and Prof Angie Hart, and adopted by YoungMinds.

The AcSeed Initiative - http://www.acseed.org/ encourages all UK schools to achieve and maintain an acceptable threshold of support, and to align on best practices that provide a common language and understanding between schools, parents, young people, and associated organisations and charities. AcSEED Initiative was founded by young people with direct personal experience of mental illness at a young age, and is entirely dedicated to supporting the emotional wellbeing and mental health of young people in schools

Achievement for All (AfA) - http://www.afa3as.org.uk/ The AfA programme delivers a whole school improvement framework that raises the aspirations, access and achievement of vulnerable and disadvantaged pupils, including those with special educational needs and disabilities, EAL, looked-after children and children on free school meals. The programme

has 4 elements: Leadership, Teaching and Learning, Parental Engagement, and Wider Outcomes. You can read about how this programme has been used in both primary and secondary schools - http://www.afa3as.org.uk/achievement-for-all/achievement-for-all-3as/case-studies

ADDISS – National Attention Deficit Disorder Information and Advice Service - http://www.addiss.co.uk/ This organisation provides training for schools on ADHD management and information and advice about ADHD. They produced 'School Report: Perspectives on ADHD', which illustrates what it is like to be a child with ADHD in the school system - http://www.addiss.co.uk/schoolreport.pdf

BeatBullying - http://www.beatbullying.org/ provide mentor training for up to 30 students in schools and youth organisations across the UK. It helps keep young people aged 11-17 develop strategies which keep themselves and other young people safe, both on and offline - http://www.beatbullying.org/gb/information-for-adults/teachers-professionals/

Boing Boing - Resilience Therapy and the Resilience Framework - http://www.boingboing.org.uk/ Boing Boing has developed a number of useful products to help develop resilience. They have produced an evidence based Resilience Framework which is for parents, practitioners and young people to use. They can use this to help them think about how they can build resilience in children and young people. Their website contains lots of useful information and there is a useful video which explains resilience therapy - http://www.boingboing.org.uk/index.php/resilience-in-practice

Childline School Service - http://www.nspcc.org.uk/help-and-advice/for-schools/schools-service/our-schools-service_wda73313.html As well as Childline's free helpline for children and young people – 0800 1111, they also have a service that uses specially trained volunteers to talk to primary school children about abuse. The aim is to give them the skills to protect themselves and know where to go for help.

Family Links - https://www.familylinks.org.uk/ Family Links offer a range of Transforming Learning workshops for schools and trainee teachers to create a school community in which children aspire, flourish and achieve. They also offer training in a parallel programme for parents, providing a consistent positive approach at home and at school. You can read about how they have helped schools by following this link - https://www.familylinks.org.uk/schools/evaluation-and-case-studies/case-studies and their resources for schools can be found at - https://www.familylinks.org.uk/shop/Schools-shop

Humanutopia - http://www.humanutopia.com/ are a social enterprise group who work with schools and run a range of inspirational workshops and courses for students that focus on personal, social development and employability skills. These workshops can help to build confidence, leadership skills, peer mentoring skills and help students overcome barriers to engaging in their own education.

The Nurture Group Network - http://www.nurturegroups.org/ promotes the development of nurture groups (these are small groups of children, who need short-focused support to help address issues connected to social, emotional and behavioural difficulties) and to ensure the continuing quality of their delivery through accredited training programmes, research on effective practice, relevant publications and information exchange.

Mentoring and Befriending Foundation - http://www.mandbf.org/ provides services which aim to increase the effectiveness and quality of mentoring and befriending as methods of enabling individuals to transform their lives and/or reach their full potential. They have produced guidance and quality standards to help schools implement peer mentoring support for students.

Place2Be - http://www.place2be.org.uk/ provides one-to-one counselling, and group work with children and young people. Go to their website or see their case study for more information - http://www.cypmhc.org.uk/resources/place2be/

YoungMinds in Schools   - http://www.youngminds.org.uk/training_services/young_minds_in_schools The YoungMinds in Schools programme was funded by the Department for Education and piloted a programme of consultancy and training to 4 cluster schools in England. This section of the YoungMinds website provides a very useful library of resources that would be very useful for schools. The school in the programme implemented a range of projects and interventions to help improve emotional wellbeing and includes Zumba, mindfulness, counselling, and therapeutic story writing. More information about this programme and how they have worked with schools can be found by following this link - http://www.youngminds.org.uk/training_services/young_minds_in_schools/about_youngminds_in_schools   Therapeutic Story Writing from YoungMinds. This intervention helps to support students' emotional wellbeing, but it also improves their writing skills. - http://vimeo.com/40733400

Measuring Mental Health and Emotional Health and Wellbeing

You can buy in the services of an organisation to help you measure emotional wellbeing. The School Health and Education Unit (SHEU) have been conducting surveys relevant to schools for many years and would help you get feedback from students, parents and schools. You can buy off the shelf surveys, but they will also customise it to meet your needs. Many of these surveys have been commissioned by public health departments, and local authorities. So there may be opportunities in your area to buy in to an area wide survey. http://sheu.org.uk/surveys/pupil-surveys.htm

Children's Society has produced a way of measuring subjective wellbeing – which means what children and young people think about their own wellbeing. Their measure is called the Good Childhood Index - http://www.childrenssociety.org.uk/what-we-do/research/well-being/background-programme/good-childhood-index   They have produced national reports about subjective wellbeing - http://www.childrenssociety.org.uk/what-we-do/research/well-being-1 They are currently piloting this index with schools and local authorities. You should contact them it you are interested in becoming part of this pilot - well-being@childrenssociety.org.uk

There are also a few international surveys of children's wellbeing that may be useful and tare included here for information.

Health Behaviour in School Aged Children (HBSC) - http://www.hbsc.org/ This cross-national study aims to gain insight into young people's well-being, health behaviours and

their social context. It is a research collaboration with the World Health Organisation (WHO) Regional Office for Europe and is conducted every four years in 43 countries, including England, Scotland and Wales, and regions across Europe and North America. You can download reports which provide data about wellbeing at a national level, but data about individual schools or local areas is not easily accessible.

The United Nations Children's Fund (UNICEF) measure objective wellbeing in children and young people in 29 of the world's most advanced economies.   It is this study which recently ranked the wellbeing of UK's children and young people as being 16th out of the 29 countries. The difference between this survey and many of the others listed here is that it uses existing data such as how many children are living in poverty, quality of housing and so on, rather than asking children directly about how they feel about certain things relevant to their lives. The latest UNICEF report can be found at - http://www.unicef-irc.org/publications/pdf/rc11_eng.pdf

Useful Resources for Schools about Emotional Wellbeing and Mental Health

Classroom Materials

Beat Bullying materials for teachers- http://www.beatbullying.org/gb/resources/teachers-professionals/intro/

Catcher Media have worked with Walsall Council and other local organisations to produce a video and Teaching Resource Pack called Notes to Self. This film can be used in lessons to help students get a better understanding of mental health issues and why they should seek help. The film and teaching pack cost £35, but the trailer is freely available online - http://www.easysre.net/get-resources/notes-to-self

Childhood Bereavement Network have produced some resources to helps school deal with a bereavement within the school - http://www.childhoodbereavementnetwork.org.uk/haad_teachers.htm

Dove Self-Esteem Workshops for students aged 11-14 - http://selfesteem.dove.co.uk/Teaching_resources.aspx

Feeling Good: Promoting Children's Mental Health. These activity sheets from the Centre for Mental Health, are aimed at children aged 4-7 - http://www.centreformentalhealth.org.uk/publications/feeling_good.aspx?ID=510

Learning to ride elephants: teaching happiness and well-being in schools, by Ian Morris from Wellington College. http://www.bloomsbury.com/uk/teaching-happiness-and-well-being-in-schools-9780826443038/

Make Time to Change - http://www.maketimetochange.co.uk/downloadable_resources.html includes an educational resource for secondary age students, from Time to Change, the national campaign to reduce stigma - http://www.time-to-change.org.uk/youngpeople

Ofsted Good Practice Films on Bullying. There are some useful short videos that help illustrate what a primary school - http://www.ofsted.gov.uk/resources/good-practice-film-

edith-neville-primary-school-anti-bullying and a secondary school have done to reduce bullying - http://www.ofsted.gov.uk/resources/good-practice-film-hillcrest-school-and-community-college-bullying

On Edge: Learning about Self-Harm - is a resource pack for teachers and other professionals working with young people. It includes lesson plans and a film to use in the classroom. It was developed by NHS Greater Glasgow and Clyde, so there is a Scottish context to the pack, but it is relevant for English students. http://www.seemescotland.org/getinvolved/590-on-edge-learning-about-self-harm

Samaritans can support schools in 3 ways. They can give talks, they have produced a teaching resource around emotional health called DEAL, and they have a suicide response service to support schools following a suicide - http://www.samaritans.org/your-community/supporting-schools

School packs from BEAT (Beating Eating Disorders) - http://www.b-eat.co.uk/about-beat/shop/school-packs/

Stop Stigma - http://www.cornwallhealthyschools.org/stop-stigma/ was produced for Cornish schools, but is a useful classroom based resource for any secondary school. It aims to help address mental health stigma and raise awareness about mental health.

What's on Your Mind – is a resource pack aimed at teachers to help them introduce the subject of emotional wellbeing and mental health to their students. The pack includes a video and useful activities with downloadable lesson plans. It is produced by the Scottish anti-stigma programme 'See Me', but would be relevant to English students as well - http://www.seemescotland.org/whatsonyourmind/teachers

Useful Information

Briefing for schools on childhood behavioural problems from the Centre for Mental Health - http://www.centreformentalhealth.org.uk/pdfs/parenting_briefing_schools.pdf

Better Outcomes, New Delivery (BOND) were a consortium of organisations funded by the DfE to increase the ability of the voluntary and community sectors to respond to the needs of schools, local authorities and the NHS to deliver early intervention services - http://www.youngminds.org.uk/training_services/bond_voluntary_sector

Children and Young people's Mental Health Coalition - http://www.cypmhc.org.uk The Children and Young People's Mental Health Coalition produced a guidance document for schools called Resilience and Results. This document helps schools understand why it is important to promote emotional wellbeing within the school, and gives some tips on how to do this - http://www.cypmhc.org.uk/resources/resilience_results/

ChiMat School Health Hub - http://www.chimat.org.uk/schoolhealth provides access to resources relating to the commissioning and delivery of health services for school children and young people and its associated good practice, including the new service offer for school nursing.

Good practice guidance for counselling in schools - 4th Edition from the British Association for Counselling and Psychotherapy (BACP) - http://wam.bacp.co.uk/wam/Search.exe?DETAIL=6566 Other resources from the BACP on school based counselling - http://www.bacp.co.uk/research/publications/School_Counselling.php

Peer Mentoring in Schools - http://www.mandbf.org/wp-content/uploads/2011/02/Peer_Mentoring_in_Schools.pdf

PSHE Association - http://www.pshe-association.org.uk/_helps support PSHE practitioners across all phases to raise the quality of PSHE teaching and raise its status in the curriculum.

Reach Out North East Newsletters - http://mhne.org.uk/our-work/young-people-and-mh/mhne-s-steering-group This newsletter about mental health is written by young people for young people.

School Based Counselling – What it is and Why we Need it – is a short paper from the British Association for Counselling and Psychotherapy - http://www.bacp.co.uk/admin/structure/files/pdf/11791_sbc_may2013.pdf

Promising or Evidence Based Programmes

It is important to remember that evidence based programmes will only produce the desired outcomes if they are implemented properly.

Circle time - http://www.circle-time.co.uk/page/our-approach/quality-circle-time-1 is an approach used in classroom with a group to children, and can help develop social and emotional skills.

Classroom Dinosaur Curriculum - http://incredibleyears.com/programs/child/classroom-curriculum/

Friends for Life is a **cognitive behavioural (CBT) intervention designed to help children with significant emotional problems - anxiety, depression, self-esteem**. The official Friends for Life website – http://www.friendsinfo.net/   You can buy materials from http://www.interactive-connections.co.uk/The%20Books.htm and you can find out how it has been implemented by looking at Friends for Life Scotland - http://friendsforlifescotland.org/site/home.html   It has also been adapted for children and young people with learning disabilities - http://www.learningdisabilities.org.uk/our-work/health-well-being/friends-for-life

The PATHS Curriculum is a comprehensive programme from the USA that promotes emotional and social competencies, reducing aggression and behaviour problems in preschool and primary age children - http://www.prevention.psu.edu/projects/PATHSCurriculum.html

Roots of Empathy - http://www.rootsofempathy.org/en offers empathy-based programming for children. It was originally from Canada, but is now being used in the UK - http://www.rootsofempathy.org/en/where-we-are/united-kingdom.html Following is a video of

how it is being used in schools - http://www.tes.co.uk/teaching-resource/Teachers-TV-Babies-in-School-6044451/

Therapeutic Story Writing from YoungMinds - http://vimeo.com/40733400 - this intervention helps support students' emotional wellbeing, but it also improves their writing skills.

UK Resilience Programme/Penn Resilience Programme - How To Thrive - http://www.howtothrive.org/ provides leading-edge expertise in the skills that allow children and young people to thrive and flourish.

Zippy's Friends - http://www.partnershipforchildren.org.uk/zippy-s-friends.html is a programme that helps young children - five, six & seven year olds - to develop coping and social skills.

Parenting Programmes

Find a Parenting Programme - https://www.education.gov.uk/commissioning-toolkit This online database from the Department for Education, gives information about specific parenting programmes, who they work best with and what age range they are designed for. All the programmes are rated in order to help you choose between the programmes. Some parenting programmes are designed for all parents and some work best as an early intervention for children who are beginning to move outside healthy behavioural ranges. Most parents of children whose behaviour has moved outside healthy ranges will approach teachers for advice (Green, et al., 2005). However, during initial discussions it is critical to minimise stigma when raising child behavioural problems. Some useful tips for handling initial conversations can be found here: http://www.centreformentalhealth.org.uk/pdfs/parenting_briefing_schools.pdf

Some of the best tested and most reliable parenting programmes are those such as Incredible Years and Triple P. In order to work best, parenting programmes need to be delivered as they were originally intended and be targeted at those with the right level of need.

The Incredible Years - http://incredibleyears.com/

Triple P - http://www.triplep.net/glo-en/home/

Resources Aimed at Promoting Emotional Wellbeing in Children and Young People with Learning Disabilities, Physical Disabilities and Chronic Illness

Children and Young People with Learning Disabilities: Understanding their Mental Health. Resource created by Mental Health Foundation as part of the BOND - http://www.mentalhealth.org.uk/content/assets/PDF/publications/children-and-young-people.pdf?view=Standard

Making Sense of Mental Health E-Learning Resource - National Association of Independent and Non-Maintained Special Schools' (NASS) - http://www.nasschools.org.uk/ NASS is a membership organisation working with and for special schools in the voluntary and private sectors within the UK. 'Making Sense of Mental Health' is an e-learning resource for staff working in schools with children and young people who have complex SEN. The e-learning training aims to increase staff knowledge about mental health and how this relates to children with disabilities - http://www.nasschools.org.uk/making_sense_of_mental_health.aspx

FRIENDS for Life: Learning Disabilities. FRIENDS for Life is a group programme that teaches children and young people techniques to cope with anxiety and promote wellbeing, social and emotional skills and resilience. The FRIENDS for Life – Learning Disabilities development project was adapted from the internationally recognised "FRIENDS for Life" programme to be accessible for children and young people with learning disabilities - http://www.learningdisabilities.org.uk/our-work/health-well-being/friends-for-life

Feeling Down: Looking After My Mental Health. This is an easy read guide for people with learning disabilities, from the Foundation for People with Learning Disabilities. This pack provides information and advice on how to look after yourself and get the best out of life - http://www.learningdisabilities.org.uk/publications/feeling-down-looking-after-my-mental-health/

Intellectual Disability Mental Health First Aid Manual. This document provides guidance on how to support people with a learning disability who are experiencing difficulties associated with emerging mental health problems, including mental health crises. It is an Australian document, but much of the information is still relevant to the UK. https://mhfa.com.au/file/1592/download

National Autistic Society's website - http://www.autism.org.uk/our-services/advice-and-information-services.aspx and http://www.autism.org.uk/about-autism.aspx provide lots of information about autism.

Circle of Friends - http://www.autism.org.uk/working-with/education/educational-professionals-in-schools/resources-for-teachers/circle-of-friends-promoting-inclusion-and-interaction.aspx This approach aims to help children, especially those with a disability to build a support network.

I Can - http://www.ican.org.uk/ the children's communication charity, produce factsheets, about speech, language and communication difficulties, and a helpline for parents and practitioners who are concerned about a child.

Guidance to Help Schools Promote Emotional Wellbeing

Mental health and behaviour in schools -guidance from the Department for Education **-** https://www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2

Preventing and tackling bullying – Guidance from the Department for Education (DfE) https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/288444/preventing_and_tackling_bullying_march14.pdf

NICE Guidance on Social and Emotional Wellbeing in Primary Education - http://publications.nice.org.uk/social-and-emotional-wellbeing-in-primary-education-ph12

NICE Guidance on Social and Emotional Wellbeing in Secondary Education - http://publications.nice.org.uk/social-and-emotional-wellbeing-in-secondary-education-ph20

Further Help or Organisations you can Signpost Children, Young People and their Families to

ADDISS – National Attention Deficit Disorder Information and Advice Service - http://www.addiss.co.uk/ This organisation provides training for schools on ADHD management and information and information and advice about ADHD. They produced 'School Report: Perspectives on ADHD', which illustrates what it is like to be a child with ADHD in the school system - http://www.addiss.co.uk/schoolreport.pdf

Childline is a free, confidential helpline for children – 0800 1111. They also provide online support - http://www.childline.org.uk/Talk/Pages/ContactingChildLine.aspx

Get Connected is a free, confidential helpline service for young people under 25, who need help, but don't know where to turn. The helpline number is 0808 808 4994. Go to the website for more information and other ways to access their services - https://www.getconnected.org.uk/

The Kooth website provides free online access to counsellors - https://www.kooth.com/

Mindfull is a free, online service for 11-17 year olds and provides self-help, access to Mindfull mentors, and Counsellors - http://www.mindfull.org/

Papyrus, is a charity that aims to prevent young suicides -   http://www.papyrus-uk.org/ They have a helpline for young people at risk of suicide or for people worried about a young person at risk of suicide called HOPELineUK - 0800 068 41 41.

Relate provide local counselling services for all ages, including young people - http://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling They also have an online emotional support and advice resource called IRelate - http://www.irelate.org.uk/ where you can find information and access an online counsellor.

YoungMinds Parents' Helpline is a free, confidential helpline is 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. Go to their website for further information -** http://www.youngminds.org.uk/for_parents/parent_helpline

Youth Access have a directory of local youth information, advice and counselling services, which are for young people aged 14-25 - http://youthaccess.org.uk/find-your-local-service/

Youth Health Talk provides advice and support on mental health issues, which is from young people for young people - http://healthtalkonline.org/young-peoples-experiences

The Youth Wellbeing Directory is a database of services that help support children and young people's emotional wellbeing - http://www.youthwellbeingdirectory.co.uk/

Further Information about Children and Young People's Emotional Wellbeing and Mental Health

ADDISS – National Attention Deficit Disorder Information and Advice Service - http://www.addiss.co.uk/ This organisation provides training for schools on ADHD management and information and advice about ADHD. They produced 'School Report: Perspectives on ADHD', which illustrates what it is like to be a child with ADHD in the school system - http://www.addiss.co.uk/schoolreport.pdf

CAMHS Evidence Based Practice Unit - **How to Get up and go when you are feeling low**. This booklet provides some top tips for Year 4 students when they are feeling upset or stressed - http://www.annafreud.org/data/files/CAMHS_EBPU/Publications_and_Resources/year4_help4pupils.pdf

CAMHS Evidence Based Practice Unit - **I Gotta Feelin.** This booklet provides some top tips for Year 7 students on how to feel good. http://www.ucl.ac.uk/ebpu/docs/publication_files/year7_help4pupils

Mental Health Foundation - http://www.mentalhealth.org.uk/ provide lots of useful information about mental health.

OCD Action have produced an online guide on OCD for teachers, parent and young people - http://school.ocdaction.org.uk/

Rethink Mental Illness produces a lot of useful information for young people about mental health - http://www.rethink.org/living-with-mental-illness/young-people

Royal College of Psychiatrists – http://www.rcpsych.ac.uk/expertadvice.aspx provide a wide range of leaflets and other information for parents, young people and professionals.

The Site website is aimed at young people and provides lots of useful information on a range of topics, including mental health - http://www.thesite.org/

What is ADHD? This booklet from Family Action is aimed at young people with ADHD - http://www.family-action.org.uk/section.aspx?id=11526

YoungMinds provide information on emotional wellbeing and mental health problems for a range of audiences including young people - http://www.youngminds.org.uk/for_children_young_people and parents - http://www.youngminds.org.uk/for_parents