

Digital resources for young people

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Overview

<http://unthinkabledigital.co.uk/can-digital-tools-help-to-improve-the-mental-wellbeing-of-children-young-people/>

Good general websites on mental health

- <http://ayemind.com/resource-map/>
- <http://www.themix.org.uk/>
Free telephone and webchat support.
- <https://youngminds.org.uk/>
includes good general advice inc ADHD (not Tourette's)
Advice for parents too.
- <https://mindedforfamilies.org.uk/#/>
For parents - e-learning and psychoeducation slide show modules on a range of difficulties including neurobehavioural. Has self-assessment at end.

Medication

- <https://www.headmeds.org.uk/>

Apps (see also separate list)

- <http://sam-app.org.uk/>
Anxiety self help app

Online platforms

- BRAVE Online £129
<http://cbtmain.cbtprogram.com/products/braveonline/>
Specifically for young people. Parents can support their child using this platform.
Anxiety and low mood.
- Moodgym \$39 for a year's access
Self-help platform for adults but could also be used for adolescents.
- Kooth
<https://kooth.com/>

Free anonymous online chat-based counselling and support service for young people. Commissioned for free use in Surrey and West Sussex. Qwell is the version for adults but not commissioned in south east

Neurobehavioural conditions

Aps

- BT-Coach
App using exposure and response prevention for tourettes and tics

Online self-guided therapy programs

- Tic Helper
<https://www.tichelper.com/>
\$149.99 for 8 week programme. After this can continue to use the programme on a monthly subscription. Teaches kids and their parents effective skills to manage tics.

Websites

- YoungMinds is a website giving info on young peoples' mental health for parents. lists several good ones for ADHD including support for parents
<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-adhd/>
- <https://www.tourettes-action.org.uk/>
Excellent range of leaflets available for parents to give their child's teacher at school, to info on behavioural therapies and medication. Videos and info on events and support groups. Particularly good one on a young person's experience of receiving CBITs and ERP <https://www.tourettes-action.org.uk/resource-151-rupert-shares-his-experience-of-cbit-therapy-with-tourettes-action.html>
- Youthinmind.info
Signposting website for info on good websites for young people, helplines and books. Has an excellent search portal to identify quality resources by condition selected
- <http://www.addiss.co.uk/>
ADHD info for adults and young people
- ADHD Foundation
<https://www.adhdfoundation.org.uk/information/young-people/>
- BBC Bitesize Mental and emotional wellbeing class clips. Various videos on different topics.
<https://www.bbc.co.uk/education/topics/zbpv9j6/resources/1>
- <https://www.additudemag.com/>
lists lots of useful apps for ADHD. They have lists of apps for adults and also for children (they tend to be more orientated to children rather than adolescents). Even

includes one called 'Choremonster' which motivates kids to put their stuff away and do other chores around the house <https://www.additudemag.com/slideshows/9-mom-approved-apps-for-kids-with-adhd/>