

Resources for Young People

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Books supporting Emotional and mental health for young people

“Managing Your Mind: The Mental Fitness Guide” By Gillian Butler and Tony Hope (for older young people)

“Get Out of Your Mind and Into Your Life for Teens” By Joseph V. Ciarrochi, Louise Hayes and Ann Bailey.

“Stuff That Sucks: Accepting what you can't change and committing to what you can” by Ben Sedley

“Dealing with Feeling” by Tina Rae;

“I am special” by Peter Vermeulon;

“A Volcano in My Tummy” by Elaine Whitehouse and Warwick Pudney

Counselling

Off The Record

Free and confidential counselling for young people aged 14-25 who live, work or study in Croydon.

<https://www.talkofftherecord.org/croydon/>

Support Line: If you want to talk about what's going on for you and work through your thoughts and feelings, you can contact us to speak directly to a mental health practitioner who will listen to you, offer emotional support and can give you information about our services or signpost you to services that might be relevant to you. Our Support Line is open Monday to Saturday from 3-6pm. Call us on 0800 980 7475.

Online counselling and workshops: On this site you can have written counselling, by writing a weekly message to a counsellor, or a weekly live chat appointment. You can also have phone or video appointments. <https://talkofftherecordonline.org/>

CHRIS: Support for young people affected by youth violence.

The CHRIS team offers free, confidential support to young people in Croydon aged 14-25. We can talk to you on the phone, or meet you in the community at a space that feels safe and confidential to you. Just fill out the form here and the CHRIS team will make contact with you quickly, within 48 hours (not including weekends).

<https://www.talkofftherecord.org/croydon/chris/>

Info for professionals: Are you aware of a young person who has been affected by youth violence? The CHRIS team offers free, confidential support to young people in Croydon aged 14-25, who have been affected by Serious Youth Violence.

<https://www.talkofftherecord.org/croydon/chris/information-for-professionals/>

Refugee Support: <https://www.talkofftherecord.org/croydon/refugee-support/>

Young Carers: Anyone can contact Young Carers to find out more information or to make a referral. You reach our Young Carers Service on 07522046395 and by email youngcarers@talkofftherecord.org

If you are a young person caring for someone and would like to know what kind of support is available then contact the Young Carers Service. When you get in touch, we will be able to offer you a Young Carers Assessment to let you know what kind of support is available, what activities are happening and also find out what would be helpful for you.

If you are a parent or professional and would like to make a referral, then please ask the potential young carer to complete the MACA form which can be downloaded from this page.

If you are a school professional who is looking to refer a young carer, it might also be helpful to look through this document which includes advice in identifying and supporting young carers in your school.

Croydon Child and Adolescent Mental Health Services (CAMHS)

Issues we can help with:

- Feeling sad, or feeling like you don't like or value yourself
- Having trouble at home with family, issues with friends, or problems at school
- Hearing voices or seeing things
- Issues with food and eating
- Feeling anxious or scared
- Having problems concentrating or finishing tasks
- Finding it difficult to relate to others, and socialise
- Difficulty controlling your anger and emotions
- Having to check or repeat things, and difficulty breaking out of routines
- Dealing with a traumatic experience
- These are only a few examples, and you may be dealing with other complicated issues that are not mentioned above

<https://slam.nhs.uk/young-people>

Croydon CAMHS Mental Health Support Team

The Croydon CAMHS Mental Health Support Team (MHST) works with multiple schools in the borough of Croydon. Please see our [schools page](#) for a full list, and contact details, of the schools we work with. If a child or young person attends one of these schools, they can be referred to our team.

If you'd like support from our team, speak to member of staff at your school. It's best to speak to either the SENCO or a member of your school's pastoral team.

Eating Disorders

Beat www.beateatingdisorders.org.uk

Gender non-conforming folks

Gendered Intelligence <https://genderedintelligence.co.uk/>

Trans kids and their families

Mermaids <https://mermaidsuk.org.uk/>

LGBTQIA+ youth <https://www.theproudtrust.org/>

Resources for Neurodivergent Young People

Walk in my shoes

This powerful animation reveals that the barriers and solutions lie not within the young person, but in the school environment, its ethos and in peer and teacher relationships and attitudes.

<https://www.donaldsons.org.uk/walk-in-my-shoes/>

What is ADHD?

Short animation explaining ADHD through the eyes of amazing ADHD'er Molly. Aimed at school children to help them understand the condition beyond the misconceptions that most adults have these days. It is important to note that everyone's experience is different. Created in partnership with ADD-vance and I Am Me, Scotland.

<https://www.youtube.com/watch?v=1t9UHQgtDfU>

Maria - Autistic Masking

Maria, an imaginative and neurodivergent teenage girl, creates art to cope with her stressful school life. Can she keep it together?

<https://www.youtube.com/watch?v=iCLvsSfid-Q>

Useful Websites for Autistic Young People

Autistic Girls Network: Supporting autistic women, girls and their families by providing education, resources and community, helping them develop a positive sense of self.

<https://autisticgirlsnetwork.org/> . Also has a friendly, private Facebook group for advice and support.

Autism Understood: A website about autism, for autistic young people - so that everyone can gain a better understanding of what autism actually is. <https://autismunderstood.co.uk/>

National Autistic Society: For autistic adults and children, and their families. www.autism.org.uk

Ambitious about Autism: For autistic children and young people, their parents and carers. www.ambitiousaboutautism.org.uk

Useful Websites with a focus on ADHD

Young Minds ADHD Resources:

<https://www.youngminds.org.uk/professional/resources/>

<https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/>

<https://www.youngminds.org.uk/professional/resources/a-quick-guide-to-adhd-in-young-people/>

<https://www.youngminds.org.uk/media/gqklifxp/mood-battery.pdf>

Inspiring Neurodivergent people who promote a positive neurodivergent identity.

Autistic, Typing www.facebook.com/AutisticTyping/

Fidgets and Fries www.instagram.com/fidgets.and.fries/

Jude Afolake Olubodun <https://www.instagram.com/theamidnightgospel/>

Kirsty Forbes <https://www.kirstyforbes.com.au/>

Kieran Rose <https://theautisticadvocate.com/>

Neuroclastic <https://neuroclastic.com/>

Neurodivergent Rebel <https://neurodivergentrebel.com/>