

# Low Mood and Depression



## Websites

### Mind | [mind.org.uk](http://mind.org.uk)

Mind aim to empower people to understand their condition and the choices available to them. Recommended for young people and their parent/carer.

### Youngminds | [youngminds.org.uk](http://youngminds.org.uk)

A useful website providing information on what anxiety and depression is, the symptoms it presents and how you can be helped.

### Kooth | [kooth.com](http://kooth.com)

Kooth is a free online counselling and emotional well-being support service providing young people aged 11-18 years.

## Apps

### CBT Tools for Kids

App designed to help children learn effective strategies for understanding and managing anxiety.

### Smiling Mind

An App specifically targeted at young people experiencing stress, anxiety or depression. It aims to teach young people about mindfulness meditation.

### Headspace

App aimed at teaching meditation.

## Getting Help

### Time to Talk | [t2twb.org](http://t2twb.org)

Free confidential counselling service for young people aged 11 -25.

### Emotional Health Triage |

The Emotional Health Triage is West Berkshire's front door to early intervention emotional health services working with young people aged 0 to 19, with emerging emotional health difficulties

### SAFE! | [safeproject.org.uk](http://safeproject.org.uk)

Offers support to young people aged between 8-25 years old who have been hurt by crime and/or bullying.

### AnDY Clinic | [research.reading.ac.uk/andy/](http://research.reading.ac.uk/andy/)

Andy offer assessments, treatment and research to children and young people aged 7-17 who are experiencing difficulties with anxiety and/or depression. Referrals are made through the GP to CAMHS.

### CAMHS | [cypf.berkshirehealthcare.nhs.uk/our-services/mental-health-services-camhs/](http://cypf.berkshirehealthcare.nhs.uk/our-services/mental-health-services-camhs/)

Children and Adolescent Mental Health Service works with young people who are experiencing significant, severe and complex difficulties with their mental health.

## Books

### Depression is the pits, but I'm getting better: a guide for adolescents | E Jane Garland

A clear and user-friendly guide that will be helpful to anyone suffering from depression, also suitable for parents.