

Mental health resources for children and young people

We know that parents and carers are struggling with concerns around jobs, budgets, health and the welfare of family members, whilst children are finding the constraints of being confined to the house again, away from school and friends, a real challenge.

To help you, below are details of a number of resources that we've produced during the last nine months for local children, young people and their families.

A set of three easy and accessible guides under the title of #Coping

1. **#Coping; Family life during the lockdown'**.
2. **#Coping – five ways to wellbeing** (one aimed at primary school children and one for secondary pupils)
3. **#Coping; Young Persons guide.**

They are available to download at: www.berkshirewestccg.nhs.uk/coping

Little Blue Book of Sunshine

In addition to these guides, just before Christmas we relaunched our local mental health booklet aimed at teenagers called the **Little Blue Book of Sunshine** – [available here](#).

The book offers lots of practical and useful advice and aims to help young people by sharing lots of tips on how to deal with many problems, such as anxiety, stress, body image, relationships and anger. It also includes information about help & when they need it.

The booklet is also now available in [Apple Books](#) and [Google Play Books](#).



Kooth

Kooth; an online youth counselling service it is a free support service, providing help for young people aged 11-18 years (up to 19th birthday) in Berkshire West. It provides a safe and secure means of accessing support for emotional health and wellbeing from a professional team of qualified counsellors.

To use the service or find out more visit www.Kooth.com

