

## Websites, Apps and Helpline

A website for children, young people and their carers, providing education and tools to manage ADHD

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

CBT self help and therapy resources including worksheets and information sheets

- <https://www.getselfhelp.co.uk/freedownloads2.htm>

Wessex resources for parents and healthcare professionals

- <https://what0-18.nhs.uk/popular-topics/mental-health-and-wellbeing/attention-deficit-hyperactivity-disorder-adhd>

Reading Well supports you to understand and manage your health and wellbeing using helpful reading

- <https://reading-well.org.uk/>

Young Minds is a national charity supporting children and young people's mental health. Information on different conditions as well as ideas on how to look after your mental health

- <https://youngminds.org.uk/>
- <https://youngminds.org.uk/find-help/>

Childline is a free and confidential service where you can talk about anything

- <https://www.childline.org.uk/>
  - Childline Helpline – 0800 111

Recommended apps assessed by NHS standards

- <https://www.nhs.uk/apps-library/category/mental-health/>

Self care suggestions from young people

- <https://www.annafreud.org/on-my-mind/self-care/>

## Direct Support

GP's

School Emotional Literacy Support Assistants (ELSA's) or School Pastoral Support Teams – speak with your School or College

Southampton Healthy Ambitions Service – Public Health Nurses

- <https://what0-18.nhs.uk/solent/school-nursing>

Southampton Healthy Ambitions Service – Emotional Health and Wellbeing (EHWB) Workers (11-19 yrs Term Time only) – referral via school support teams or contact No Limits to self-refer:

- <https://nolimitshelp.org.uk/get-help/southampton-healthy-ambition-sha/>

Education Psychology (referral via school)

- <https://www.southampton.gov.uk/schools-learning/support-education/education-psychology.aspx>

## Parent/Carer Support

Re:Minds is a parent led support group for parents and carers of children and young people with autism and/or mental health difficulties.

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

Young Minds Parent Helpline

- 0808 802 5544

Southampton Parent Carer Forum

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

MindEd is a free educational resource on children and young people's mental health for all adults

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

CombinedMinds App provides psycho education for parents, families and friends on young people's mental health

## Websites, Apps and Helplines

- [www.addiss.co.uk](http://www.addiss.co.uk) – The National Attention Deficit Disorder Information and Support Service. A website that provides information and resources

- [www.southamptonsendiass.info](http://www.southamptonsendiass.info) – SENDIASS aims to empower children and young people with special educational needs/disabilities and their parents/carers to make informed decisions about education, health and social care.

- New Forest Parenting Program on facebook @NFPPgroup

- Stop breathe and think app –mindfulness and meditation app that helps children develop focus, calmer emotions and can help with sleep.

- Kids to do list app – for help to visualise and break tasks/daily routines down into manageable goals

- Remember the milk app -helpful for both parents and teens who have difficulty with executive functioning issues such as goal-setting, prioritizing, time management and/or organization.

- Blue ice app –helpful strategies for managing emotions and harmful behaviours

- Calm – Meditate, Sleep, Relax app contains sleep stories, skills for meditation and music to help with relaxation.

- [www.themix.org.uk](http://www.themix.org.uk) - If you're under 25 you can talk to The Mix for free on the phone, by email or on their web chat. You can also use their phone counseling service, or get more information on support services you might need. Free phone: 0808 808 4994 (1pm - 11pm daily)

- The Think Ninja App is for young people aged from 11 - 17. It is able to provide mental health and emotional wellbeing support through a variety of different in app approaches.

## Books

### For Children

- The Survival Guide for Kids with ADHD *John F Taylor*
- All dogs have ADHD *Cathy Hoopman*
- Learning to slow down and pay attention *Katherine G. Nadeau and Ellen B. Dixon*

### For Young People

- ADHD Workbook for teens: Activities to help you gain motivation and confidence *Lara Honos Webb*

### For Parents

- Step by Step Help for Children with ADHD : A Self Help Manual for Parents *Cathy Laver Bradley, Margaret Thompson, et al*
- Understanding Attention Deficit Disorder *Dr Christopher Green*
- Teenagers with ADHD/ADD : A Parents Guide *Chris A Zeligler Dandy*

## Direct Support

- Non Violent Resistance Groups  
These support parents who are struggling with their child's behaviour, they usually run in the local schools so please contact them for further information.

- No Limits Primary Mental Health Workers – Referrals via EHWB Workers or CAMHS West SPA on 023 8103 0061

- No Limits Counselling Service, the service offers both online and face to face options . To make a referral or find out more about this service then please contact Tel: 02380 224 224 or email [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk) Alternatively go to <https://nolimitshelp.org>

- Counselling services employed directly by schools. This availability varies between schools – please speak with your own school or College provider.

- Southampton City Directory of Services and Support provides details on services within the area that provide different levels of support and intervention - [https://search3.openobjects.com/mediamanager/southampton/directory/files/camhs\\_southampton\\_city\\_directory\\_of\\_services\\_and\\_support\\_v2\\_1.pdf](https://search3.openobjects.com/mediamanager/southampton/directory/files/camhs_southampton_city_directory_of_services_and_support_v2_1.pdf)



# MANAGING ADHD

## RESOURCES FOR YOUNG PEOPLE, PARENTS/CARERS AND PROFESSIONALS (CAMHS West)

Some concerns regarding concentration and hyperactivity/impulsivity but with limited impact on daily activities.

Difficulties with concentration, hyperactivity and impulsive behaviours that are having some impact on ability to engage in daily activities and are troubling to the child/young person. Might see some children falling behind with learning at school, avoidance of difficult tasks, irritability, little awareness of safety and relationship difficulties.

Symptoms that are having a significant impact upon a child or young person's ability to engage in daily activities. This may be seen in significant difficulties at home and school in learning, behaviour and relationships. There may be an impact on risk due to impulsivity. Young people might be struggling to regulate their emotions and may be experiencing thoughts of wanting to harm themselves.

## GETTING MORE HELP

Referral to CAMHS West Team

- Single Point of Access 023 8103 0061 / 0300 123 6661

Young Minds Crisis Messenger - Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis -

All texts are answered by trained volunteers, with support from experienced clinical supervisors

- Text YM to 85258

Samaritans provide confidential emotional support 24/7

- Call on 116 123
- Email [jo@samaritans.org](mailto:jo@samaritans.org) (24hr response time)
- <https://www.samaritans.org/>

Papyrus HOPELINE UK is for anyone under the age of 35 who are experiencing thoughts of suicide or for anyone who is concerned that a young person they know is having thoughts of suicide.

- Call: 0800 068 4141
- Text: 07860039967
- Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Opening hours: 9am – 10pm w/days, 2pm – 10pm w/ends, 2pm – 10pm bank holidays

StayAlive App – resources for those with thoughts of harming themselves or suicide and people worried about someone.

If you, or someone you know is experiencing a crisis and needs urgent mental health support then you can call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk) and speak to the NHS Mental Health Triage Service. They provide advice, support and guidance, 24 hours a day, seven days a week, for anyone living in Hampshire and the Isle of Wight.