



websites for parents and young people

Website

Description

Bullying

www.bullying.co.uk

Bullying UK (advice parents and schools)

www.kidscape.org.uk

Support and information regarding bullying

ASD/Autism/LD/ADHD

www.challengingbehaviour.org.uk

Challenging behaviour foundation

www.stmichaelassociates.org.uk

For BME families managing ASD

www.addiss.co.uk

The national attention deficit disorder information and support service

<https://thegirlwiththecurlyhair.co.uk>

Asperger's syndrome

Eating disorders

www.b-eat.co.uk

Charity supporting anyone affected by eating disorders, anorexia, bulimia or any other difficulties with food, weight and shape.

[//dwed.org.uk/](http://dwed.org.uk)

Diabetics with eating disorders - support information

Parental support

[/familylives.org.uk](http://familylives.org.uk)

Previously parent line- online forums and parent courses

www.onespace.org.uk

Website for single parents- online forum, courses and information

www.parentzone.org.uk

Parent Zone

www.psg.org.uk

Parent support group- helpline and advice

<https://www.dad.info/>

Website has articles, podcasts etc

www.minded.org.uk

Module especially for families – parents and carers who are looking for advice and tips about CYP mental health, alongside existing modules for professionals

mycamhschoices.org/

Explains what young people and families can expect when they visit CAMHS

Websites aimed at supporting children and young people

www.bigwhitewall.com

16+ online supportive community

www.listeningears.org

Young women aged 13-19 years

<http://www.nhsgo.uk/>

Health information and advice for young people in London

<http://m.talktofrank.com/>

Info about substances/drugs

www.youngminds.org

Information and advice

<https://kooth.com/>

Online counselling available depending on the location of the parent/young person

www.mind.org.uk

MIND

www.rcpsych.ac.uk/healthadvice/parentsand youthinfo/resources.aspx

Royal College of Psychiatrists info, suggested reading and websites in the young people's section

www.childline.org.uk

Child line

<http://www.docready.org>

Helps you get ready for the first time you visit a doctor to discuss your mental health

<https://www.cwmt.org.uk/resources>

Resources for schools, young people and parents on depression

www.samaritans.org

Samaritans accept calls from all ages and provide a young people's emotional health resource

www.themix.org.uk/

Offers support to young people under 25

Medicines info

www.headmeds.org.uk/

HeadMeds is from Young Minds and is for young people to help make choices about medicines

www.medicinesforchildren.org.uk/

Medicines for children

www.gosh.nhs.uk/medical-information-0

Great Ormond Street website with useful info