

# MENTAL HEALTH

A RESOURCE GUIDE

## ANXIETY AND DEPRESSION

THE UNIVERSITY OF OXFORD OFFERS SUPPORT TO STUDENTS THROUGH THE [WELLBEING SERVICE](#)

NHS OXFORDSHIRE ALSO PROVIDE HELP THROUGH [MIND](#) AND YOU MAY FIND THE TIPS ON [NHS BETTER HEALTH](#) USEFUL, TOO

YOU MAY FIND MINDFULNESS HELPFUL WHEN MANAGING STRESS AND ANXIETY. THERE ARE USEFUL [BOOKS](#), [APPS](#) AND [FREE MEDITATIONS](#) AVAILABLE FOR THIS. STUDENTS AT THE UNIVERSITY OF OXFORD MAY ALSO FIND THESE [MINDFULNESS COURSES](#) HELPFUL



## CBT

COGNITIVE BEHAVIOURAL THERAPY CAN HELP TO MANAGE ANXIETY AND LOW MOOD. [OXMIND](#), [MOODJUICE](#) AND [TALKING THERAPIES](#) ALL OFFER THESE SERVICES AND ARE WORTH HAVING A LOOK AT

ALTERNATIVELY, BEHAVIOURAL ACTIVATION IS A MORE SIMPLE FORM OF CBT. THESE WORKBOOKS FROM [TALKPLUS](#) AND THE [UNIVERSITY OF EXETER](#) GUIDE YOU THROUGH THIS



## MEDICATION

PATIENT.INFO PROVIDES A GOOD EXPLANATION OF THE MEDICATIONS USED TO TREAT [ANXIETY](#) AND [DEPRESSION](#). THERE ARE ALSO INFORMATION PAGES ON DRUGS INCLUDING [VENLAFAXINE](#), [MIRTAZAPINE](#) AND [SERTRALINE](#)

THE [NHS WEBSITE](#) ALSO PROVIDES AN OVERVIEW OF ANTIDEPRESSANTS



## AUTISM SPECTRUM DISORDER (ASD)

TO EXPLORE A DIAGNOSIS OF AUTISM YOU CAN [SELF-REFER TO KINGWOOD](#)

THEY ALSO PROVIDE SUPPORT [AFTER DIAGNOSIS](#)

## ADHD

THERE ARE 2 SELF-ASSESSMENT FORMS TO FILL IN IF CONSIDERING A DIAGNOSIS OF ADHD. THESE CAN BE OBTAINED FROM YOUR GP

[ADHD OXFORDSHIRE](#) OFFER SUPPORT AFTER DIAGNOSIS



## POST-TRAUMATIC STRESS DISORDER (PTSD)

THE [OXFORD DEVELOPMENT CENTRE](#) IS NOT PART OF THE NHS BUT MAY OFFER SOME SUPPORT WHILST WAITING FOR THE LOCAL MENTAL HEALTH TEAM

## BEREAVEMENT SUPPORT

[CRUSE](#) OFFER BEREAVEMENT SUPPORT WITH SUPPORT GROUPS AND ONE TO ONE SUPPORT. THEY ALSO HAVE A HELPLINE

CONTACT [SAMARITANS](#) AT ANY TIME FOR SOMEONE TO TALK TO, FOR FREE, ON **116 123**





# MENTAL HEALTH

A RESOURCE GUIDE FOR CHILDREN

## ANXIETY AND DEPRESSION

RELATE OFFER COUNSELLING TO YOUNG PEOPLE WITH PROBLEMS; FROM DEPRESSION AND MENTAL HEALTH CONCERNS TO ISSUES WITH PARENTS OR PEOPLE AT SCHOOL. THEY HAVE A CENTRE IN SOUTH-EAST OXFORD

THE OXFORD CAMHS TEAM HAVE A WEBSITE WITH GOOD GENERAL MENTAL HEALTH ADVICE AS WELL AS SUMMARIES ON MANY MENTAL HEALTH CONDITIONS FOR CHILDREN

THE OXFORDSHIRE CAMHS SERVICE 'GETTING HELP' PATHWAY CAN BE ACCESSED VIA SELF-REFERRAL



## ONLINE SUPPORT

CHILDLINE PROVIDE ADVICE AND SUPPORT ONLINE AND BY PHONE. YOU CAN CALL THEM FOR FREE ON 0800 1111

YOUNGMINDS OFFER ONLINE MENTAL HEALTH ADVICE FOR YOUNG PEOPLE AND THEIR PARENTS

THE MIX OFFER SHORT-TERM COUNSELLING FOR UNDER-25S AND ONLINE SUPPORT GROUP MESSAGE BOARDS FOR CHILDREN 13+. THEY ALSO HAVE A HELP/CHATLINE OPEN 4-11PM DAILY

## IN PERSON/APPS

OXFORD HEALTH HAVE DEVELOPED AN APP CALLED BLUEICE TO HELP YOUNG PEOPLE TO MANAGE THEIR EMOTIONS AND REDUCE THE URGE TO SELF-HARM

ARK-T OFFER A NUMBER OF PROJECTS TO GET INVOLVED IN, AIMED TO GET YOUNG DISADVANTAGED CHILDREN AND YOUNG ADULTS OUTDOORS, TO BE CREATIVE AND IMPROVE THEIR MENTAL HEALTH

## AUTISM SPECTRUM DISORDER (ASD)

AUTISM FAMILY SUPPORT RUN YOUTH GROUPS AND SUMMER ACTIVITIES FOR CHILDREN WITH ASD

YELLOW SUBMARINE OFFER SOCIAL ACTIVITIES, LIFE SKILLS AND MENTORSHIP FOR 11-18 YEAR OLDS WITH AUTISM

## ADHD

THERE ARE 2 SELF-ASSESSMENT FORMS TO FILL IN IF CONSIDERING A DIAGNOSIS OF ADHD. THESE CAN BE OBTAINED FROM YOUR GP

THERE ARE ALSO SUPPORT GROUPS AND ADVICE FOR PARENTS OF CHILDREN WITH ADHD



## BEREAVEMENT SUPPORT

SEESAW PROVIDES SUPPORT FOR CHILDREN IN OXFORDSHIRE WHO HAVE BEEN BEREAVED OR WHEN SOMEBODY CLOSE TO THEM IS TERMINALLY ILL. JENNIE'S CHILDREN'S TRUST ALSO OFFER BEREAVEMENT SUPPORT FOR CHILDREN

THE CAMHS WEBSITE HAS SOME USEFUL CHILD-FRIENDLY INFORMATION ABOUT BEREAVEMENT



YOU CAN CONTACT SAMARITANS FOR SOMEONE TO TALK TO AT ANY TIME, FOR FREE, ON 116 123

