

# Websites for Parent/Caregivers & Young People

Lots of young people are affected by mental health difficulties. There are lots of websites and videos available online but sometimes it can be hard to know which ones are helpful. This resource includes a list of websites and some videos that might be helpful for young people affected by mental health difficulties and their families. They are grouped into categories: a list of websites helpful for general information and mental wellbeing (information about what it's like to be a young person in general and information/resources on a variety of difficulties relevant for parents and young people); additional lists of websites for supporting young people with: **anxiety, low mood, self-harm and eating disorders**. Take a look and see what ones might be helpful for you or the young person in your life:

<b>General mental health</b>	
<b>Jigsaw</b>	Jigsaw is Ireland's national centre for youth mental health. If you're in your teens or early twenties, JigsawOnline has information, exercises and tools that you will find helpful. Parents and guardians are also crucial stakeholders in supporting youth mental health and JigsawOnline has a number of resources to help you. <a href="https://www.jigsaw.ie">https://www.jigsaw.ie</a>
<b>Mental Health Ireland</b>	Website provides resources, information and links to supports and services in Ireland for young people and families. Family wellbeing toolkit for COVID19, downloadable routine templates, info on how to host a friends and family virtual cafe. <a href="https://www.mentalhealthireland.ie/get-support/covid19/">https://www.mentalhealthireland.ie/get-support/covid19/</a>
<b>SpunOut</b>	SpunOut provides information to young people on mental health and other topics. It also has an online directory of services in Ireland. <a href="https://spunout.ie">https://spunout.ie</a>
<b>Reach Out</b>	ReachOut is Australia's leading online mental health organisation for young people and their parents. Website provides practical support, tools and tips to help young people get through anything from everyday issues to tough times – and the information we offer parents makes it easier for them to help their teenagers, too. <a href="https://au.reachout.com">https://au.reachout.com</a>
<b>Young Minds</b>	UK's leading charity for supporting mental health of children and young people. Website provides resources/videos/stories and support for young people and parents in relation to mental health. <a href="https://youngminds.org.uk">https://youngminds.org.uk</a>
<b>Child Mind Institute</b>	US website with lots of resources for parents/children/young people on a wide range of mental health topics (lists topics A-Z and includes information and resources in a variety of areas and resources for parents + intervention resources for DBT etc). <a href="https://childmind.org/topics-a-z/">https://childmind.org/topics-a-z/</a>
<b>BeLonGTo</b>	BeLonG To youth services is Ireland's national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people aged 14-23 years in Ireland. Website provides advice, support and links to groups/services for young people and parents. <a href="https://www.belongto.org/">https://www.belongto.org/</a>

### Low mood and anxiety (including OCD)

<b>Anxietybc</b>	Free online, self-help, evidence-based resources on anxiety. <a href="https://www.anxietycanada.com">https://www.anxietycanada.com</a>
<b>Get Self-Help</b>	UK based website developed by a mental health nurse/CBT psychotherapist providing downloadable resources e.g. CBT step by step guides, videos, information on a variety of MH problems and mindfulness. <a href="https://www.getselfhelp.co.uk/index.html">https://www.getselfhelp.co.uk/index.html</a>
<b>OCD Ireland OCD Action</b>	Irish and UK National charities for OCD providing information and resources about OCD for parents and young people. <a href="https://www.ocdireland.org/">https://www.ocdireland.org/</a> ; <a href="https://www.ocdaction.org.uk/">https://www.ocdaction.org.uk/</a>

### Eating Disorders

<b>BodyWhys</b>	Ireland's eating disorder organisation. Information, resources and link to email support for young people and parents. <a href="https://www.bodywhys.ie/">https://www.bodywhys.ie/</a>
<b>Beat Eating Disorders</b>	UK's eating disorder charity website. <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>

### ADHD

<b>ADDitude</b>	US website providing information, support, and professional/educational resources for adults with ADHD, parents/caregivers of children with ADHD, educators and professionals. The site includes webinars, podcasts, etc. <a href="https://www.additudemag.com/">https://www.additudemag.com/</a>
<b>CHADD (Children &amp; Adults with ADHD)</b>	Long-established US website that offers information, support and advocacy for adults with ADHD, parents/caregivers of children with ADHD, educators and professionals. The website has resources such as research, fact sheets, blogs, webinars and podcasts. <a href="https://chadd.org/">https://chadd.org/</a>

### Self-harm and risk

<b>ESuicide Talk</b>	Online suicide prevention course adapted by the HSE and Ireland's National Office of Suicide Prevention (courses are €20). esuicideTALK is a 1-2 hour exploration in suicide awareness. The programme is organised around the question "should we talk about suicide?" and offers a space to safely explore some of the more challenging issues relating to suicide. The programme encourages everyone to find a part they can play in preventing suicide. Its goal is to help support direct, open and honest talk. <a href="https://www.esuicidetalk.net/client-register/c4ca4238a0b923820dcc509a6f75849b">https://www.esuicidetalk.net/client-register/c4ca4238a0b923820dcc509a6f75849b</a>
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### For parents

<b>Raising Children</b>	Australian website providing free, reliable, up-to-date and independent information, videos, articles and apps. Resources are tailored to different ages and stages, from nurturing a newborn to raising a confident, resilient teen, and helping parents to look after themselves too. <a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a>
<b>ISPCC (parenting hub)</b>	Parenting hub on ISPCC website offering information for parents around parenting during lockdown, how to mind their own mental health, supporting young people during Covid-19 and ideas for activities. <a href="https://www.ispcc.ie/parenting-hub/">https://www.ispcc.ie/parenting-hub/</a>
<b>Family Lives</b>	This website offers a range of advice and guidance for parents and professionals on the challenges of parenting from a UK-based charity. It has an extensive list of online resources including a parenting channel that guides parents and professionals through a range of different topics. <a href="https://www.familylives.org.uk">https://www.familylives.org.uk</a>
<b>Child Mind Institute</b>	US website with resources for parents/children/young people in relation to a wide variety of mental health topics (lists topics A-Z, includes information and resources in a variety of areas, resources for parents and intervention resources for DBT etc). <a href="https://childmind.org/topics-a-z/">https://childmind.org/topics-a-z/</a>

### Other

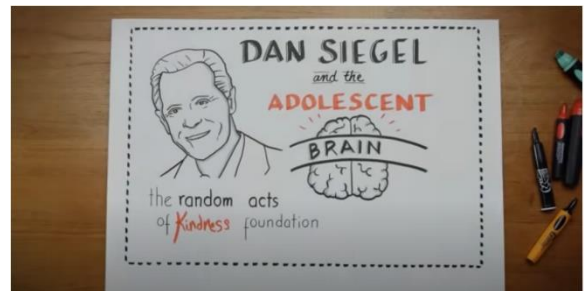
<b>Barnardos</b>	Children's bereavement helpline service, ebook for parents on helping teenagers to cope, COVID telephone support for parents. <a href="https://www.barnardos.ie/">https://www.barnardos.ie/</a>
<b>Detect</b>	DETECT aims to provide a service for individuals experiencing first episode psychosis and their families (resources on website/signposting/service information). DETECT also aims to provide an effective Irish model of early intervention for people with first episode psychosis informed by developments in evidence-based healthcare. DETECT is funded by the HSE and the Hospitaller Order of St. John of God. <a href="http://www.detect.ie/about-psychosis-detect.html">http://www.detect.ie/about-psychosis-detect.html</a>
<b>Hearing Voices Network</b>	Aims to raise awareness of the diversity of voices, visions and similar experiences, and of a range of different ways to manage distressing, confusing or difficult voices; challenge negative stereotypes, stigma and discrimination; create more spaces for people of all ages and backgrounds to talk about voice-hearing, visions and similar sensory experiences. <a href="http://www.hearing-voices.org">http://www.hearing-voices.org</a>
<b>Shine</b>	Website provides information on mental health for people and their families) and videos about stress reduction etc. <a href="https://www.shine.ie/about-us/">https://www.shine.ie/about-us/</a>
<b>Frank (talk to Frank)</b>	UK based website for information and support around drugs and alcohol for parents and young people, with phone support/email/text service. <a href="https://www.talktofrank.com">https://www.talktofrank.com</a>

## Videos

### Dan Siegel: The Adolescent Brain

<https://www.youtube.com/watch?v=0O1u5OEc5eY>

Accessible 'brain talk' and easy to watch, great for teens and parents to learn about the teen brain.



### Sarah-Jayne Blakemore: The mysterious workings of the adolescent brain

[https://www.ted.com/talks/sarah\\_jayne\\_blakemore\\_the\\_mysterious\\_workings\\_of\\_the\\_adolescent\\_brain#t-118754](https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain#t-118754)

Why do teenagers seem so much more impulsive, so much less self-aware than grown-ups? Cognitive neuroscientist Sarah-Jayne Blakemore compares the prefrontal cortex in adolescents to that of adults, to show us how typically "teenage" behaviour is caused by the growing and developing brain.



### National Educational Psychology Service (NEPS) audio-recordings

<https://soundcloud.com/user-719669409>

Relaxation recording and other recordings about exam support.



### FACE COVID

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Practical video about responding to a crisis.



This resource was developed by UCD Psychologists in Clinical Training Alanna Donnelly, Karen Neylon and Theresa Ryan-Enright during their placements with North Dublin CAMHS.