

Alcohol

<http://www.downyourdrink.org.uk/> A self-help site for people concerned about their drinking

<http://www.alcoholconcern.org.uk>

www.repsych.ac.uk/mentalhealthproblems/alcoholanddrugs/alcoholourfavouriteedrug

www.alcoholics-anonymous.org.uk Alcoholics Anonymous 0845 769 7555

www.al-anonuk.org.uk Support for teenagers affected by a problem drinker 020 7403 0888

Anger

<http://www.apa.org/topics/anger/control.aspx>

http://www.mind.org.uk/help/diagnoses_and_conditions/dealing_with_anger

Managing Anger; simple steps to dealing with frustration and threat by Gael Lindenfield

Anxiety

<http://www.anxietyuk.org.uk/> A user led organisation run by sufferers and ex-sufferers of anxiety disorders

<http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/anxietyphobias/anxietyphobias.aspxAssertiveness>

*Feel the Fear and do it anyway: How to turn your fear & indecision into confidence and action by Susan Jeffers

*Understanding anxiety & panic attacks by Kwame Mckenzie

*Beating Stress Anxiety & Depression: groundbreaking ways to help you feel better by Jane A. Plant, Janet Stephenson

Assertiveness

<http://www.bbc.co.uk/dna/h2g2/A2998551>

There are a number of books on Assertiveness in the LRC – These are a selection

*Assertiveness at Work – a practical guide to handling awkward situations by Ken & Kate Back

*When I say No, I Feel Guilty by Manuel J. Smith

*Develop your Assertiveness by Sue Bishop

A Woman in Your own Right: Assertiveness and You by Anne Dickson

Autism and Aspergers Syndrome

Students with Autism and asperger syndrome

<http://www.users.dircon.co.uk/~cns/>

National Autistic society helpline

<http://www.autismhelpline@nas.org.uk>

Bereavement

<http://www.crusebereavementcare.org.uk/>

<http://www.crusebereavementcare.org.uk/Children.html>

*Real life issues: Bereavement by Dee Pilgrim

*A Grief Observed by C S Lewis

*On Grief & Grieving Elizabeth Kubler-Ross

When Parents Die by Rebecca Abrams – A book written for young people grieving for a parent

A Special Scar – The Experience of People Bereaved by Suicide by Alison Werthheimer

Bullying

www.bullying.co.uk

http://yp.direct.gov.uk/cyberbullying/?gclid=CJj_iNa1348CFQp3MAoddQ2d2Q_d

Counselling

www.student.counselling.co.uk/links-sourcehtml A site with links compiled by university counselling services

youthcounselling@ukonlines.co.uk free and confidential short term counselling service for young people aged 12-24 0845 600 2516

<http://www.bacp.co.uk> The British Association of Counselling and Psychotherapy
Information about counselling and how to find a therapist

*Counselling for Toads by Robert De Board – A sequel to Kenneth Grahame’s “The Wind in the Willows”. Toad is in a depressed state and, through a counsellor (Heron) is taught to analyse his feelings and develop emotional intelligence. This book introduces the field of counselling as it discusses the potential of psychological growth and development

Crisis

Childline/NSPCC free helpline for young people. Childline is the free helpline for children and young people in the UK. Call 0800 1111 to talk about any problem

The NSPCC runs a special advice website for teenagers called www.There4me.com.uk
There is also a free phone 24 hour helpline which gives counselling and practical advice for young people and adults on 0808 800 5000

Depression

<http://www.depressionalliance.org/>

<http://www.studentdepression.org> A useful self-help site written for students experiencing depression

<http://www.livinglifetothefull.com/index.php> An interactive CBT self-help addressing low mood, depression and a variety of anxiety related problems.

*Depression – The Way out of your Prison by Dorothy Rowe

*Overcoming Teenage Low Mood and depression by Nicky Dummett and Chris Williams

*Beating stress, anxiety and depression: groundbreaking ways to help you feel better by Jane A Plant et al

Disability

Skill (National Bureau for Students with Disabilities)

<http://www.skill.org.uk>

<http://www.direct.gov.uk/en/DisabledPeople/index.htm>

Domestic Violence

www.refuge.org.uk 0800 2000 247 (24 hour)

www.thehideout.org.uk Run by Women's Aid to give information to young people who may be experiencing domestic violence

Drugs

<http://www.talktofrank.com>

<http://www.knowcannabis.org.uk>

Eating Problems

<http://www.b-eat.co.uk/Home> Eating Disorders Association 08456 347650

*Real Life Issues Eating Disorders Heather Warner

*Anorexia and Bulimia – How to Help by Marilyn Duker & Robert Slade

*Talking about anorexia by Maroushka Monro

*Overcoming Binge Eating by Christopher Fairburn

Exam Anxiety

*Passing Exams without Anxiety by David Acres, How to Books

Family Break-Ups

<http://www.counselling.cam.ac.uk/separation.html>

*Real Life Issues: Family break-ups Adele Cherreson-Cole

How to find a Counsellor

<http://wam.bacp.co.uk/wam/SeekTherapist.exe?NEWSEARCH>

<http://www.counselling-directory.org.uk>

Lesbian Gay Bisexual Transgender

<http://www.stonewall.org.uk/bia>

Gay Lesbian Bi-sexual Helpline 0207 837 7324

Mental Health

www.mhf.org.uk Mental health Foundation

http://www.mind.org.uk/help/information_and_advice

www.youngminds.org.uk 020 7336 8445

Obsessive Compulsive Disorder

<http://ocdyouth.iop.kcl.ac.uk>

Panic Attacks

<http://www.panic-attacks.co.uk/>

http://www.mind.org.uk/help/diagnoses_and_conditions/panic_attacks

Post Traumatic Stress

<http://www.nhs.uk/Conditions/Post-traumatic-stress-disorder/Pages/Introduction.aspx?r=1&rtitle=Post+traumatic+stress+>

<http://www.stish.org/content/view/71/242>

Presentation Anxiety

<http://www.brookes.ac.uk/student/services/health/presentation.html>

Relaxation

http://www.bbc.co.uk/health/conditions/mental_health/coping_relaxation.shtml

Relationships

<http://www.relate.org.uk/home/index.html>

*Games People Play by Eric Berne An analysis of the psychological games we play in order to live with one another

*I'm OK, You're OK by Thomas Harris – Seeks to explain how to gain control of yourself, your relationships and your future – no matter what has happened in the past

*Chicken Soup for the Teenage Soul by Jack Canfield (Editor) Mark Victor Hansen (Editor):
Stories of Life, Love and Learning

Self Confidence

<http://www.self-confidence.co.uk/shyness/tips.html>

Self Injury/Self Harm

<http://www.thesite.org/healthandwellbeing/mentalhealth/selfharm>

*Real Life Issues Self-harm by Dee Pilgrim

*Healing the Hurt Within: Understand Self-injury and Self-harm and heal the Emotional Wounds by Jan Sutton

Sex and Sexual health

www.brook.org.uk Brook Advisory Centres 0800 018 5023

www.fpa.org.uk Family Planning Association 0845 122 8690

www.rethinking.co.uk Sexwise

www.tht.org.uk Terence Higgins Trust - Sexually transmitted infections and sexual health issues guidance and counselling helpline 0845 1221 200

Gay Men's Health Project 01256 312233

Gay, Lesbian, Bi-sexual Helpline 0207 837 7324

Sexual Assault and Rape

http://www.direct.gov.uk/en/YoungPeople/CrimeAndJustice/TypesOfCrime/DG_10027698

www.brasacc.com Rape and Sexual Abuse Crisis Centre (Basingstoke) 01256 840224 (24 hour answer phone)

www.rasac-guildford.org Rape and Sexual Abuse Support Centre (Guildford) 01483 546400

Shyness and Social Anxiety

www.social-anxiety.org.uk Information and support for problems of self-consciousness and shyness

Sleep problems

www.sleepfoundation.org

<http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/sleepproblems/sleepingwell.aspx>

*Insomnia and other Adult Sleep Problems by Gregory Stores

Stress

<http://www.stressbusting.co.uk/stress>

NHS Stressline 0300 123 2000 Open daily from 8am to 10pm Offers practical and emotional support to people who are worried about debt, housing and employment.

*Living with Stress by Caryl I Cooper et al

"Beating stress, Anxiety and Depression: Groundbreaking Ways to Help you feel Better by Jane Plant and Janet Stephenson

Suicidal Thinking/Suicide

<http://www.samaritans.org/> 08457 90 90 90 (24 hour) National organisation that is available 24 hours to call to talk to someone if you are feeling low in mood and/or having suicidal thoughts.

http://www.mind.org.uk/help/diagnoses_and_conditions/suicidal_feelings Read about suicidal feelings and what can help

<http://www.papyrus-uk.org/hln.html> UK resources and support of those dealing with suicide, depression or emotional distress – particularly teenagers and young adults
Hopeline UK 0800 068 41 41 A confidential helpline if you are a young person worried about yourself or you are concerned about someone you know

Useful websites related to students and young people providing information, advice, guidance and support

www.hampshireconnexions.co.uk Your local Connexions access point for young people aged 13-19

www.connexionsurrey.co.uk

<http://www.counselling.cam.ac.uk/selfhelp.html> Cambridge University Counselling Service
Website with links to self help

<http://www.student.counselling.co.uk/links-source.html> A site with links compiled by university counselling services

<http://www.nhsdirect.nhs.uk/> 0845 46 47 (24 hour)

<http://www.bbc.co.uk/health/>