This hOT Topic is a starting point and overview of key readings including articles, books and selected websites for members of the British Association of Occupational Therapy relating to Child and Adolescent Mental Health. This Bulletin is not exhaustive and does not provide information about all issues that affect occupational therapists.

To order articles please request a photocopy form from the library. The form can also be downloaded from our website (www.cot.org.uk). Please note all photocopies will now be supplied at a standard charge of £3.00 per article. This includes post age and handling. A maximum of six articles can be ordered at any one time. This service is only available to BAOT members.

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**JOURNAL ARTICLES AVAILABLE FROM COT LIBRARY**


JOURNAL ARTICLES NOT AVAILABLE FROM COT LIBRARY


INTERNET RESOURCES

Welcome to the NSPCC –
https://www.nspcc.org.uk/

Mental Health Foundation (UK) –
http://www.mentalhealth.org.uk/
The leading UK charity working in mental health and learning disabilities. With pioneering research and community projects we aim to improve the support available for people with mental health problems and people with learning disabilities.

Childline –
https://www.childline.org.uk/Pages/Home.aspx
A free 24-hour counselling service for children and young people up to their 19th birthday in the UK provided by the NSPCC. ChildLine deals with any issue which causes distress or concern, common issues dealt with include child abuse, bullying, mental illness, parental separation or divorce, pregnancy and substance misuse.
https://www.childline.org.uk

Samaritans –
http://www.samaritans.org.uk/
Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress.

YoungMinds –
http://www.youngminds.org.uk/
National charity committed to improving the mental health of all children and young people.

MyAPT
http://www.myapt.org.uk/
MyAPT is a membership site that helps young people, mental health professionals, CAMHS partnerships and the universities that train them to embed children and young people’s participation in the way they deliver psychological therapies.

Participation Works
http://www.participationworks.org.uk/
Participation Works is an online gateway for children and young people's participation. It is a hub for information, resources, news and networking on the involvement of young people in dialogue, decision making and influence across a wide range of settings.
National Children's bureau –
http://www.ncb.org.uk/
The National Children's Bureau (NCB) is a children's charity based in Islington, London. It is an umbrella organisation incorporating councils and explores a range of issues involving children and young people. Updated weekly with news, views and resources for children's services professionals in the statutory, private and voluntary sectors.

National Institute for Mental Health in England –
NIMHE supports local communities to improve mental health and the quality of services for people affected by mental health problems.

Greenwood Institute of Child Health
Section of Child and Adolescent Psychiatry –
http://www2.le.ac.uk/departments/psychology/research/child-mental-health?uol_r=7f239da6
This is the home page of the Greenwood Institute of Child Health, Division of Child and Adolescent Psychiatry website.
www.le.ac.uk/greenwood/greenwood.html

The National Institute of Mental Health –
www.nimh.nih.gov/
The NIHM website. Links to specific mental disorders, their diagnosis and treatment; details of various research activities. Not specifically child and adolescent, but worth browsing through - e.g. for papers on anxiety disorders, OCD and other papers on a very wide range of topics related to mental health.

ADDISS –
http://www.addiss.co.uk/
The National Attention Deficit Disorder Information and Support Service. A charity which provides information for those wanting news, information, links, training courses, books and resources relating to Attention Deficit Hyperactivity Disorder (ADHD). Relevant to parents, sufferers, teachers, health professionals, and others working with young people with ADHD.

The National Centre for Eating Disorders –
http://www.eating-disorders.org.uk/info.htm
The National Centre for Eating Disorders is set up to provide solutions for all eating problems, compulsive or ‘binge’ eating or ‘yo-yo’ dieting, bulimia and anorexia.

Bullying Online –
http://www.bullying.co.uk/
Has information and helpful links for anyone concerned with bullying; teachers, parents, friends and young people themselves.
The National Self-Harm Network –
http://nshn.co.uk/
The National Self-Harm Network is a UK focused survivor-led organisation, founded in 1994. The aim of the site is to support survivors and people who self-harm. It also seeks to help people who are indirectly affected, like family and friends. It contains a range of factual information and advice.

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BOOKS/REPORTS/THESES (in COT library unless stated)


BOOKS/REPORTS/THESES not in the COT library


Department of Health, Social Services and Public Safety (2012) Child and adolescent mental health services: A service model. DHSSPNI.


Regulation and Quality Improvement Authority (2011) RQIA independent review of child and adolescent mental health services (CAMHS) in Northern Ireland. Regulation and Quality Improvement Authority.


YoungMinds (2011) Talking about talking therapies: Thinking and planning about how best to make good and accessible talking therapies available to children and young people. YoungMinds.


