

Child and Adolescent Mental Health - Anxiety, Depression and Self Harm Dr Becky Jones

Additional Resources and Learning

Prescribing in Children and Young People and National guidelines on management

The main NICE Pathways relevant for children and young people's mental health are:

- [antisocial behaviour and conduct disorders in children and young people](#)
- [attention deficit hyperactivity disorder](#)
- [depression](#)
- [psychosis and schizophrenia](#)
- [eating disorders](#)
- [transition from children's to adults' services](#)
- [transition between community or care home and inpatient mental health settings.](#)

CCIS shared care SSRI guidelines:

[Shared Care Guideline for fluoxetine, sertraline and citalopram for the treatment of depression and anxiety in children and young people aged 11 to 17](#)

IT tools and resources

[Digital help | CPFT NHS Trust](#)

This is a link to a page offering a multitude of curated apps and web links for children and young people and their parents.

Keep your Head Cambridgeshire

Newly relaunched supporting links across the mental health spectrum

HAY - How are you Cambridgeshire

More local links to resources across the ICS

Activities and links to other social groups aimed at but not specific to mental health improvement.

Possibly arriving soon **LumiNOva** a childrens App to support anxiety and phobia

[Children - The Sleep Charity -](#) Useful advice for CYP and parents ranging from toddlers to teens.

Young minds - An extremely useful resource for CYP and parents.

e-Learning support



Self-harm training offered by Fullscope



MindEd is a free e-Learning resource, funded by Health Education England, the Department of Health and Social Care and the Department for Education, aimed at equipping professionals and members of the public with evidence-based information about children, young people, adults, and older people's mental health



Research and resource and learning around children's and young people's mental health.