

Jenny Langley's Favourite Resources for Schools 2019

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In this handout I have provided a summary of books, links and video resources that are easily accessible and provide practical ideas.

Generally Useful Resources

If you can only get one book I highly recommend

Essential Listening Skills by Nick Luxmore

https://www.amazon.co.uk/Essential-Listening-Skills-School-Staff/dp/1849055653/ref=sr_1_1?s=books&ie=UTF8&qid=1538404673&sr=1-1&keywords=Essential+listening+skills

For a greater understanding of the teenage brain:

The Little Book of Big Stuff About the Brain by Andrew Curran

https://www.amazon.co.uk/Little-Book-Stuff-about-Brain/dp/1845900855/ref=la_B001HPLTXE_1_1?s=books&ie=UTF8&qid=1538404775&sr=1-1

Video to help school staff and students to have more empathy for people with mental health issues:

The Stand Up Kid by The Time to Change Campaign

https://www.youtube.com/watch?v=SE5lp60_HJk

New app for teenagers

<https://www.meetwo.co.uk/>

Also a handbook and lots of really useful info

We All Have Mental Health – video created by the Anna Freud Centre explaining the difference between everyday anxiety and over whelming anxiety <https://www.youtube.com/watch?v=DxIDKZHW3-E>

Talking Mental Health – video created by the Anna Freud Centre featuring primary school children

<https://www.youtube.com/watch?v=nCrjevx3-Js>

Body Image and Self Esteem Books for Children

Being Me and Loving It by Naomi Richards and Julia Hague

Stories and Activities to help build self-esteem, confidence, positive body image and resilience in children age 5 to 11

<https://www.amazon.co.uk/Being-Loving-Naomi-Richards-Julia/dp/1849057133>

Banish Your Body Image Thief by Kate Collins- Donnelly

Build a positive body image with this fun and effective workbook for young people. Watch out - the Body Image Thief is about! He's the sneaky character who keeps stealing your positive body image from your Body Image Vault, leaving only negative thoughts and feelings about your body behind. But don't worry - you can banish him for good and this workbook will show you how!

https://www.amazon.co.uk/Banish-Your-Body-Image-Thief/dp/1849054630/ref=sr_1_1?s=books&ie=UTF8&qid=1539329588&sr=1-1&keywords=Banish+Your+Body+Image+Thief+by+Kate+Collins-+Donnelly

Banish Your Self Esteem Thief by Kate Collins- Donnelly

Build confidence and self-esteem with this fun and effective workbook for young people. Look out - the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how!

https://www.amazon.co.uk/Banish-Your-Self-Esteem-Thief-Behavioural/dp/1849054622/ref=sr_1_2?s=books&ie=UTF8&qid=1539329652&sr=1-2&keywords=Banish+Your+Body+Image+Thief+by+Kate+Collins-+Donnelly

Exam Stress

Banish Your Exam Stress Gremlin by Kate Collins- Donnelly

Stressed out by exams? Then the exam stress gremlin is in town! Exam fears and worries are his favourite foods, and the more of these you feed him, the bigger he gets and the more stressed you become. But he can be stopped! Starve him of stress-related thoughts, feelings and behaviours and feel him and your stress fade away!

https://www.amazon.co.uk/Starving-Exam-Stress-Gremlin-Behavioural/dp/1849056986/ref=sr_1_12?ie=UTF8&qid=1552464032&sr=8-12&keywords=kate+collins-donnelly

CWMT GCSE wellbeing guides

GCSE wellbeing guides for teachers, pupils and parents www.cwmt.org.uk/resources

Childline www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/

Lots of practical tips, videos and a downloadable guide.

Perfectionism Resources

Striving for something can be a healthy and positive attribute; it's good to aim high. But sometimes whatever we do just isn't good enough; we want to be too perfect and start setting unrealistic goals. The school environment can be a breeding ground for perfectionist tendencies with high expectations around exams, sport, music and drama. In addition, young people can become extremely focused on how they look and body image concerns are widespread. Perfectionism is a significant risk factor for mental health issues, and left unchecked the rigid rules and negative thoughts associated with perfectionism can quickly become overwhelming.

Useful Books:

The Perfectionism Workbook for Teens by Ann Marie Dobosz

https://www.amazon.co.uk/Perfectionism-Workbook-Teens-Activities-Anxiety-ebook/dp/B01CFGRGF8/ref=sr_1_1?ie=UTF8&qid=1548700721&sr=8-1&keywords=The+Perfectionism+Workbook+for+Teens+by+Ann+Marie+Dobosz

There are several books in this series on issues such as procrastination, negative thinking, self esteem, anxiety, anger etc.

Overcoming Perfectionism by Roz Shafran et al

https://www.amazon.co.uk/Overcoming-Perfectionism-2nd-scientificall-behavioural/dp/1472140567/ref=sr_1_1?ie=UTF8&qid=1548700954&sr=8-1&keywords=Roz+Shafran

The Myth of the Perfect Girl by Ana Homayoun

https://www.amazon.co.uk/Myth-Perfect-Girl-Daughters-Authentic/dp/0399537716/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1548701086&sr=8-1

Nobody's Perfect by Ellen Flanagan Burns (aimed at children age 8-12)

https://www.amazon.co.uk/Children-Perfectionism-CHILDREN-PERFECTIONISM-Nov-15-2008/dp/B00DI2KLQK/ref=sr_1_fkmr1_2?ie=UTF8&qid=1548701228&sr=8-2-fkmr1&keywords=nobody%E2%80%99s+perfect+by+helen+flanagan+burns

Perfect Petunias by Lynn Jenkins (aimed at children age 4-8)

https://www.amazon.co.uk/Perfect-Petunias-perfect-perfectionists-everywhere/dp/1925335585/ref=sr_1_1?ie=UTF8&qid=1548701354&sr=8-1&keywords=Perfect+Petunias+by+Lynn+Jenkins

Video:

Perfectionism is Impossible <https://www.youtube.com/watch?v=X2wTpah9Wfc>

Danny Bowman's story of how he became a selfie addict and developed a range of mental health issues due to his perfectionism. Danny is now a leading campaigner in the field of mental health.

Depression Resources

Most of the books and resources on child and teen depression use CBT techniques because CBT has the largest evidence base and is recommended by the UK NICE guidelines. Of course, CBT doesn't suit everyone. Remember that good non judgemental listening skills and kindness from a member of staff in school can help that child to feel safe and cared about, even if they are having to wait a very long time for professional input.

CWMT leaflets for school staff and parents:

Depression booklet: a guide for parents and carers (and there is an extended online guide at <https://www.cwmt.org.uk/parents-guide>)

Depression booklet: Depression and how to deal with it

Depression : Warning signs poster

<https://www.cwmt.org.uk/resources>

Students Against Depression

Worksheets for older students in module form

<https://www.studentsagainstdepression.org/self-help/>

Local support:

There is a new facebook group and support group in Tunbridge Wells for families affected by anxiety and/or depression in their children, run by a lovely lady called Zoe Elliott. Contact ukpc.group@outlook.com for more information or visit their Facebook page: <https://www.facebook.com/groups/181260739175957/> and I have emailed you their leaflet.

Useful books:

Starving the Depression Gremlin by Kate Collins Donnelly is available for pre order

https://www.amazon.co.uk/Starving-Depression-Gremlin-Cognitive-Behavioural/dp/1849056935/ref=sr_1_5?ie=UTF8&qid=1538081599&sr=8-5&keywords=kate+collins+donnelly

Can I tell you About Depression: A guide for friends, family and professionals by Christopher Dowrick and Susan Martin which helps the whole family and friendship group to understand depression and is useful with young people age 7+)

https://www.amazon.co.uk/Can-tell-you-about-Depression/dp/1849055637/ref=sr_1_1?ie=UTF8&qid=1538081913&sr=8-1&keywords=Can+I+tell+you+about+depression

Not Today Celeste by Liza Stevens which is aimed at helping young children understand depression.

<https://www.amazon.co.uk/Not-Today-Celeste-Liza-Stevens/dp/1785920081>

CWMT also has an activity book <https://www.cwmt.org.uk/celeste>

The Princess and the Fog by Lloyd Jones aimed at children from age 5

https://www.amazon.co.uk/Princess-Fog-Story-Children-Depression/dp/1849056552/ref=sr_1_1?s=books&ie=UTF8&qid=1551262677&sr=1-1&keywords=The+Princess+and+the+Fog

Finally there is the **Black Dog Series** (Living With..... I had a..... and Journeys with.....) at

https://www.amazon.co.uk/Living-Black-Dog-Matthew-Johnstone/dp/1845297431/ref=sr_1_1?ie=UTF8&qid=1538082195&sr=8-1&keywords=living+with+the+black+dog.

There are also related clips on **Youtube** recommended by the World Health Organisation

<https://www.youtube.com/watch?v=XiCrniLQGYc&t=3s> and <https://www.youtube.com/watch?v=2VRRx7Mtep8&t=30s>

Anxiety Resources

Useful books:

My Anxious Mind : A Teens Guide to Managing Anxiety and Panic by Michael A Tompkins

https://www.amazon.co.uk/My-Anxious-Mind-Managing-Anxiety/dp/1433804506/ref=sr_1_1?s=books&ie=UTF8&qid=1538403488&sr=1-1&keywords=my+anxious+mind

Starving the Anxiety Gremlin by Kate Collins Donnelly. A CBT workbook for use with young people age 10+

https://www.amazon.co.uk/Starving-Anxiety-Gremlin-Thief-Workbooks/dp/1849053413/ref=sr_1_1?s=books&ie=UTF8&qid=1538403013&sr=1-1&keywords=starving+the+anxiety+gremlin

Starving the Anxiety Gremlin (age 5-9) by Kate Collins Donnelly. A CBT workbook for use with young people age 5-9

https://www.amazon.co.uk/Starving-Anxiety-Gremlin-Children-Workbooks/dp/1849054924/ref=pd_bxgy_14_img_3?encoding=UTF8&pd_rd_i=1849054924&pd_rd_r=bbeba3f6-c583-11e8-a322-9b02e14041f8&pd_rd_w=qnLUb&pd_rd_wg=zGs38&pf_rd_i=desktop-dp-sims&pf_rd_m=A3P5ROKL5A1OLE&pf_rd_p=9eec4bbd-c065-4a4d-b0d1-92d63ee9e53b&pf_rd_r=A8HPHJH6X8JHQNGBNS8R&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&pvc=1&refRID=A8HPHJH6X8JHQNGBNS8R

Can I tell you about anxiety: A guide for friends family and professionals by Lucy Willetts (useful with young people age 7+)

https://www.amazon.co.uk/Lucy-Willetts-tell-about-Anxiety/dp/B00NBMZ6J4/ref=sr_1_5?s=books&ie=UTF8&qid=1538403307&sr=1-5&keywords=Can+I+tell+you+about+anxiety

A Short Introduction to Helping Young People Manage Anxiety by Carol Fitzpatrick (with examples of anxious children and teenagers age range 5 – 15)

https://www.amazon.co.uk/Introduction-Helping-People-Anxiety-Introductions/dp/1849055572/ref=sr_1_3?s=books&ie=UTF8&qid=1538403906&sr=1-3&keywords=Carol+Fitzpatrick

Touch and Go Joe by Joe Wells (a really enlightening adolescents story of his journey to recovery from OCD)

https://www.amazon.co.uk/Touch-Go-Joe-Adolescents-Experience/dp/1843103915/ref=sr_1_1?s=books&ie=UTF8&qid=1538404417&sr=1-1&keywords=touch+and+go+joe

Can I tell you about OCD: A guide for friends family and professionals by Amiti Jassi (useful with young people age 7+)

https://www.amazon.co.uk/Can-tell-you-about-OCD/dp/1849053812/ref=pd_sim_14_8?encoding=UTF8&pd_rd_i=1849053812&pd_rd_r=fe207756-c586-11e8-ab1d-2d8ffb189fc3&pd_rd_w=x9FjF&pd_rd_wg=mBzvQ&pf_rd_i=desktop-dp-sims&pf_rd_m=A3P5ROKL5A1OLE&pf_rd_p=84a780ce-12ed-4544-a9d7-b922bd82349c&pf_rd_r=0QDYN8TPHKHV86QQC29C&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&pvc=1&refRID=0QDYN8TPHKHV86QQC29C

Self Harm Resources

Videos and Leaflets

- a) **No Harm Done- leaflets and videos for Staff, Parents & Students**
<https://youngminds.org.uk/what-we-do/our-projects/no-harm-done/>

- b) **CWMT leaflets for school staff and parents:**
Coping with self-harm, a guide for parents and carers
Young people who self-harm: A guide for school staff
<https://www.cwmt.org.uk/resources>

- c) **The Mix.org**
 - Going to A&E <https://www.youtube.com/watch?v=HaDXrhfPcZk>
 - Confidentiality at A&E <https://www.youtube.com/watch?v=yZqSLV7REuo>
 - Interview with a Doctor https://www.youtube.com/watch?v=reh6_UTgboc
 - Showing Your Scars <https://www.youtube.com/watch?v=CLUImD16l2I>

Useful books:

Self Harm and Eating Disorders in Schools by Pooky Knightsmith

<https://www.amazon.co.uk/Self-Harm-Eating-Disorders-Schools-Knightsmith/dp/184905584X>

Cutting Down by Lucy Taylor, Mima Simic and Ulrike Schmidt

A CBT workbook for treating young people who self-harm

Downloadable worksheets can be found at <https://www.routledge.com/Cutting-Down-A-CBT-workbook-for-treating-young-people-who-self-harm/Taylor-Simic-Schmidt/p/book/9780415624534> under eResources.

Cutting it Out: A Journey through Psychotherapy and Self-Harm by Carolyn Smith

(providing insight for adults and older teenagers)

<https://www.amazon.co.uk/Cutting-Out-Journey-Psychotherapy-Self-Harm/dp/1843102668>

The Rainbow Journal – a creative notebook with artwork, quotes and poems by young people who self injure, with plenty of space for the reader to draw or write poems or letters.

<https://www.amazon.co.uk/Rainbow-Journal-Young-People-Self-Injure/dp/0953134881>

Can I Tell You About Self Harm: A guide for friends, family and professionals by Pooky Knightsmith (useful with young people age 7+)

[https://www.amazon.co.uk/Can-Tell-You-About-Self-](https://www.amazon.co.uk/Can-Tell-You-About-Self-Harm/dp/1785924281/ref=pd_lpo_sbs_14_img_1?encoding=UTF8&psc=1&refRID=Q69XFDX9GBJ6VE34N74J)

[Harm/dp/1785924281/ref=pd_lpo_sbs_14_img_1?encoding=UTF8&psc=1&refRID=Q69XFDX9GBJ6VE34N74J](https://www.amazon.co.uk/Can-Tell-You-About-Self-Harm/dp/1785924281/ref=pd_lpo_sbs_14_img_1?encoding=UTF8&psc=1&refRID=Q69XFDX9GBJ6VE34N74J)

Otis doesn't Scratch by Clare Shaw and Tamsin Walker - picture-book resource for children aged 4-9. The accompanying guide will help adults support children coming to terms with the complex issue of self-harm.

[https://www.amazon.co.uk/Otis-Doesnt-Scratch-Clare-](https://www.amazon.co.uk/Otis-Doesnt-Scratch-Clare-Shaw/dp/1906254567/ref=sr_1_1?s=books&ie=UTF8&qid=1538326971&sr=1-1&keywords=Otis+doesn%27t+scratch)

[Shaw/dp/1906254567/ref=sr_1_1?s=books&ie=UTF8&qid=1538326971&sr=1-1&keywords=Otis+doesn%27t+scratch](https://www.amazon.co.uk/Otis-Doesnt-Scratch-Clare-Shaw/dp/1906254567/ref=sr_1_1?s=books&ie=UTF8&qid=1538326971&sr=1-1&keywords=Otis+doesn%27t+scratch)

Eating Disorder Resources

Eating Disorders (or disordered eating) can affect up to one in ten students in a class. Controlling food might be the only coping mechanism that the student finds to be effective in times of stress. Early intervention is recommended but it can be difficult to pick up the signs. Eating disorders left unchecked can be highly dangerous.

Online support

Beat: www.b-eat.co.uk

ABC : www.anorexiabulimiare.org.uk

Boys Get Anorexia Too : www.boyanorexia.com

Eva Musby School Portal to eating, exercise and body issues <https://anorexiafamily.com/eating-disorder-policy-guidance-school/>

Local Support

Carers Support Group in Tonbridge and Skills Workshops in Sevenoaks run by Jenny Langley

www.eda-westkent.org.uk

jenny@eda-westkent.org.uk

Youtube Videos

Road to Recovery film by Beat Ambassadors - <https://www.youtube.com/watch?v=tndEOVI8Zx8>

Laura Hill Ted Talk on the Starved Brain -

<https://www.bing.com/videos/search?q=laura+hill+ted+talk&view=detail&mid=0FEB1950857034EF6B3D0FEB1950857034EF6B3D&FORM=VIRE>

Useful Books:

Self-Harm and Eating Disorders in Schools: A Guide to Whole School Support and Practical Strategies by Pooky Knightsmith. <https://www.amazon.co.uk/Self-Harm-Eating-Disorders-Schools-Knightsmith/dp/184905584X>

Eating Disorders Pocket book by Pooky Knightsmith – practical bite size tips for school staff

https://www.amazon.co.uk/Eating-Disorders-Pocketbook-Pooky-Knightsmith/dp/1906610495/ref=sr_1_1?ie=UTF8&qid=1538327793&sr=8-1&keywords=eating+disorders+pocketbook

Can I Tell You about Eating Disorders: A guide for family friends and professionals by Bryan Lask (useful with young people age 7+)

https://www.amazon.co.uk/Can-tell-about-Eating-Disorders/dp/1849054215/ref=sr_1_1?s=books&ie=UTF8&qid=1538405160&sr=1-1&keywords=Can+I+tell+you+about+eating+disorders

Skills Based Caring for a Loved One with an Eating Disorder. The New Maudsley Method. By Janet Treasure et al

https://www.amazon.co.uk/Skills-based-Caring-Loved-Eating-Disorder/dp/1138826634/ref=sr_1_1?ie=UTF8&qid=1538405388&sr=8-1&keywords=skills+based+caring+for+a+loved+one+with+an+eating+disorder

Caring for a Loved One With An Eating Disorder: The New Maudsley Training Manual by Jenny Langley et al

https://www.amazon.co.uk/Caring-Loved-One-Eating-Disorder/dp/081537836X/ref=sr_1_1?ie=UTF8&qid=1548701540&sr=8-1&keywords=Jenny+Langley

Getting Better Bite by Bite. A survival kit for sufferers of bulimia nervosa and binge eating disorders by Ulrike Schmidt et al

https://www.amazon.co.uk/Getting-Better-Bite-Sufferers-Disorders/dp/1138797375/ref=sr_1_1?s=books&ie=UTF8&qid=1538405539&sr=1-1&keywords=getting+better+bite+by+bite

Boys Get Anorexia Too by Jenny Langley

https://www.amazon.co.uk/Boys-Get-Anorexia-Too-Disorders/dp/1412920221/ref=sr_1_1?s=books&ie=UTF8&qid=1538405619&sr=1-1&keywords=Boys+Get+Anorexia+Too

A Teenagers Diary of Moving on From Anorexia : Mealtimes and Milestones by Constance Barter

https://www.amazon.co.uk/Mealtimes-Milestones-teenagers-moving-anorexia/dp/1849013233/ref=sr_1_1?ie=UTF8&qid=1538405713&sr=8-1&keywords=constance+barter

Suicidal Ideation Resources

Talk of suicide should not be ignored and it is a myth that if a person is talking about it they won't try it. The most important thing is for carers including school staff to try to keep a connection with the well side of the young person and assure them that they are valued individuals. Stay calm and respond with kindness and compassion in a totally non judgemental way:

Online Resources

School staff can contact the **Samaritans** for help and guidance. See <http://www.samaritans.org/how-we-can-help-you/what-speak-us-about/if-you%E2%80%99re-worried-about-someone-else/what-should-i-do-if-i>

Papyrus has prepared **Building Suicide- Safer Schools and Colleges: A guide for teachers and staff** which can be found at <https://papyrus-uk.org/wp-content/uploads/2018/08/toolkitfinal.pdf> which is packed full of useful tips.

In addition Papyrus provides support and training and has a helpline

HOPELINEUK : [0800 068 4141](tel:08000684141)

Text: [07786209697](tel:07786209697) or

Email: pat@papyrus-uk.org

CWMT webinars <https://www.cwmt.org.uk/webinars> or <http://www.inourhands.com/mental-health/online-learning-session-14/>

Webinar 14 is on talking to a young person about suicide as well as a simple risk assessment form. There is an example of an adult talking to a student about suicidal thoughts at 28 minutes.

Useful books:

Suicide in Schools : A Practitioner's Guide to Multi level Prevention, Assessment , Intervention and Postvention by Terri Erbacher et al

<https://www.routledge.com/Suicide-in-Schools-A-Practitioners-Guide-to-Multi-level-Prevention-Assessment/Erbacher-Singer-Poland/p/book/9780415857024>

Downloadable worksheets can be found under the eResources link on this page.

Psychosis and Young People Hearing Voices Useful Resources

Whilst you might not have students suffering with psychosis, many students hear voices which can at times interfere with their quality of life or indeed become threatening and terrifying. A recent study suggests 1 in 12 children experiences regular auditory hallucinations which can cause them a great deal of anxiety.

Local Early Intervention Team for first episodes from age 14.

<https://www.kmpt.nhs.uk/services/early-intervention-for-psychosis-service-west-kent-and-medway/7016>

Videos

Psychosis is nothing like a badger

<https://www.youtube.com/watch?v=z50ILDxkA0w>

Simon Says (Informative video about the Sussex Early Intervention Team)

<https://www.youtube.com/watch?v=GXh9hPzHHi4>

A Little Insight - Young People who Hear Voices

<https://www.youtube.com/watch?v=l7iJvz2rtSE>

In 2012, a group of 5 (aged 13-18) young people took part in an animation workshop to develop a short stigma-busting film about their experiences of hearing voices. This film was designed, scripted, created & edited by the young people - all of whom are clients of our Voice Collective Project. To find out more, see

www.voicecollective.co.uk

There is a **Voice Collective Group at Woodland House in Staplehurst**

<http://www.voicecollective.co.uk/support/group-details/>

<https://www.slam.nhs.uk/our-services/hospital-care/woodland-house>

