

Children and young people mental health resource list created November 2018. This list is not exhaustive but aims to provide some suggestions of resources. Please check availability and suitability of the resource before using and recommending to others. Health and Social Care Moray is not liable for the use of these resources.

## Children and Young People Mental Health Resources List



<b>Books</b>	
<b>The Moray Libraries Reading Well Collection for young people:</b>	
<a href="https://capitadiscovery.co.uk/moray/items?query=reading+well+collection&amp;facet%5B0%5D=subject+disp%3A%22READING+WELL+COLLECTION+FOR+YOUNG+PEOPLE%22">https://capitadiscovery.co.uk/moray/items?query=reading+well+collection&amp;facet%5B0%5D=subject+disp%3A%22READING+WELL+COLLECTION+FOR+YOUNG+PEOPLE%22</a> (many of these books are also available in the Moray School Libraries)	
<b>Socialworkerstoolbox.com:</b>	
Range of books available for practitioners to download: <a href="http://www.socialworkerstoolbox.com">http://www.socialworkerstoolbox.com</a>	
<b>Below is a selection of books not listed in Reading Well Collection or available to download on <a href="http://www.socialworkerstoolbox.com">www.socialworkerstoolbox.com</a>:</b>	
<b>General Mental Health</b>	
<b>Title and Author</b>	<b>Age/Audience/Description</b>
Positively Teenage: A positively brilliant guide to teenage wellbeing by Nicola Morgan	Practitioners/Parents/Carers/Teenagers
Mind Your Head by Juno Dawson	Practitioners/Parents/Carers/Teenagers
Are We All Lemmings and Snowflakes? By Holly Bourne	Focuses on fitting in and feeling normal Practitioners/Parents/Carers/Teenagers
Am I Normal Yet? By Holly Bourne	Focuses on feminism and friendship Practitioners/Parents/Carers/Teenagers
Stuff that Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can by Ben Sedley	Practitioners/Parents/Carers/Teenagers
The Teenage Guide to Friends by Nicola Morgan	Practitioners/Parents/Carers/Teenagers
Blame my Brain: the Amazing Teenage Brain Revealed by Nicola Morgan	Focuses on teenage brain development Practitioners/Parents/Carers/Teenagers
Do the Right Thing: A Teenager's Survival Guide for Tricky Situations by Jane Goldman	Practitioners/Parents/Carers/Teenagers
<b>Anger</b>	
<b>Title and Author</b>	<b>Age/Audience/Description</b>
A Volcano In My Tummy: Helping Children to Handle Anger by Warwick Pudney and Elaine Whitehouse	6-15 year olds Practitioners/Parents/Carers/Children and Young People
<b>Anxiety</b>	
<b>Title and Author</b>	<b>Age/Audience/Description</b>
No Worries! An Activity Book for Young People Who Sometimes Feel Anxious or Stressed by Lily Murray and Katie Abey	7 + year olds Practitioners/Parents/Carers/Children and Young People
All Birds Have Anxiety by Kathy Hoopmann	Practitioners/Parents/Carers/Children and Young People
The Teenage Guide to Stress by Nicola Morgan	Practitioners/Parents/Carers/Teenagers

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The Anxiety Survival Guide for Teens by Jennifer Shannon	Practitioners/Parents/Carers/Teenagers
Fighting Invisible Tigers: Stress Management for Teens by Earl Hipp	Practitioners/Parents/Carers/Teenagers
<b>Depression</b>	
<b>Title and Author</b>	<b>Age/Audience/Description</b>
Living with a Black Dog by Ainsley Johnstone and Matthew Johnstone	Practitioners/Parents/Carers/Teenagers
Night Shift by Debi Gliori	Practitioners/Parents/Carers/Teenagers
Depression: A Teen's Guide to Survive and Thrive by <a href="#">Jacqueline B. Toner</a> and <a href="#">Claire A. B. Freeland</a>	Practitioners/Parents/Carers/Teenagers
<b>Eating</b>	
<b>Title and Author</b>	<b>Age/Audience/Description</b>
Wintergirls by Laurie Halse Anderson	Focuses on Anorexia Practitioners/Parents/Carers/Teenagers
Tyranny: I keep you thin by Lesley Fairfield	Focuses on Anorexia Practitioners/Parents/Carers/Teenagers
Nothing Tastes As Good by Clair Hennessy	Focuses on weight and food Practitioners/Parents/Carers/Teenagers
Holding up the Universe by Jennifer Niven	Focuses on weight and food Practitioners/Parents/Carers/Teenagers
<b>Relaxation and Mindfulness</b>	
<b>Title and Author</b>	<b>Age/Audience/Description</b>
Mindfulness Guide for the Frazzled by Ruby Wax	Practitioners/Parents/Carers/Teenagers
<b>Self-harm</b>	
<b>Title and Author</b>	<b>Age/Audience/Description</b>
Damage by Eve Ainsworth	Focuses on self-harm. Practitioners/Parents/Carers/Teenagers
Can I Tell You About Self-Harm?: A Guide for Friends, Family and Professionals by <a href="#">Pooky Knightsmith</a>	Practitioners/Parents/Carers/Teenagers
<b>Sexuality and Gender</b>	
<b>Title and Author</b>	<b>Age/Audience/Description</b>
What I Was by Meg Rosoff	Focuses on sexuality. Practitioners/Parents/Carers/Teenagers
Doing It! By Hannah Witton	Focuses on sexuality. Practitioners/Parents/Carers/Teenagers
Pink by Lili Wilkinson	Focuses on sexuality. Practitioners/Parents/Carers/Teenagers
The Art of Being Normal by Lisa Williamson	Focuses on transgender and friendship. Practitioners/Parents/Carers/Teenagers
Some Assembly Required: The Not-So-Secret Life of a Transgender Teen by Arin Andrews	Focuses on transgender. Practitioners/Parents/Carers/Teenagers
Beyond Magenta: Transgender Teens Speak Out by Susan Kuklin	Focuses on transgender. Practitioners/Parents/Carers/Teenagers

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This Book is Gay by Juno Dawson	Focuses on LGBT. Practitioners/Parents/Carers/Teenagers
The Girl Files by Jacqui Bailey	Focuses on puberty for girls. Practitioners/Parents/Carers/Teenagers
How to be a girl by Anita Naik	Focuses on puberty for girls. Practitioners/Parents/Carers/Teenagers
Being a Girl by Hayley Long	Focuses on puberty for girls. Practitioners/Parents/Carers/Teenagers
Being a Boy by Juno Dawson	Focuses on puberty for boys. Practitioners/Parents/Carers/Teenagers

<b>Websites/Worksheets and Resources/Online Training</b>	
<b>Websites</b>	
<b>Online databases</b>	
<b>Moray Council Mental Health &amp; Wellbeing Children &amp; Young People:</b> <a href="http://www.moray.gov.uk/moray_standard/page_117484.html">http://www.moray.gov.uk/moray_standard/page_117484.html</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
The Moray guidance documents for helping young people at risk of suicide and self-harm.	Practitioners/Parents/Carers
Healthy Minds Resources – including apps and websites recommended for those aged 12-18 years old.	Practitioners/Parents/Carers/Young People
Information on mental health training opportunities for practitioners working with children and young people.	Practitioners
Links to mental health related websites.	Practitioners/Parents/Carers/Young People
<b>Scottish Family Information Service:</b> <a href="http://www.scottishchildcare.gov.uk/LocalChis.aspx?chisid=18&amp;TextSize=0">http://www.scottishchildcare.gov.uk/LocalChis.aspx?chisid=18&amp;TextSize=0</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Database of services currently being populated for Moray.	Practitioners/Parents/Carers/Young People
<b>Aye Mind:</b> <a href="http://ayemind.com/">http://ayemind.com/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Digital database of resources and information for children and young people’s mental health. Created in collaboration with young people.	Practitioners/Parents/Carers/Young People
<b>Websites containing mental health resources and information</b>	
<b>Anna Freud Centre for Children and Families:</b> <a href="https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/">https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Schools in Mind section provides Primary and Secondary School resources.	Practitioners working with Primary and Secondary aged children.

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On My Mind section provides information for young people.	Practitioners/Parents/Carers/Young People
<b>Anxiety Canada Youth:</b> <a href="https://youth.anxietycanada.com/">https://youth.anxietycanada.com/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Interactive website with information on anxiety for teenagers.	Practitioners/Parents/Carers/Young People
<b>Anxiety UK:</b> <a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Resources and information on anxiety.	Practitioners/Parents/Carers/Young People
<b>Beat Eating Disorders:</b> <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
UK's leading charity for anyone affected by eating disorders. Information and support helpline.	Practitioners/Parents/Carers/Young People
<b>Best Beginnings:</b> <a href="https://www.bestbeginnings.org.uk/">https://www.bestbeginnings.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Charity working to give children in UK the best start in life. 'Out of the Blue' section focuses on promoting mental health for parents and children.	Practitioners/Parents/Carers
<b>Campaign Against Living Miserably - CALM:</b> <a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Campaign against male suicide. Helpline and information.	Practitioners/Parents/Carers/Young People
<b>CARED:</b> <a href="https://www.caredscotland.co.uk/">https://www.caredscotland.co.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Information and resources regarding young people who have received a diagnosis of an eating disorder and are about to or have just started treatment.	For parents and carers of young people (aged up to 25)
<b>Centre for Clinical Interventions:</b> <a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Information and worksheets - see 'Resources' section.	Practitioners/Parents/Carers/Young People
<b>Child Bereavement:</b> <a href="https://childbereavementuk.org/">https://childbereavementuk.org/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
For families and professionals when a child dies or is dying, or when a child is facing bereavement.	Practitioners/Parents/Carers/Young People
<b>Childline:</b> <a href="https://childline.org.uk/">https://childline.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Information and support.	Practitioners/Parents/Carers/Young People

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<b>Children 1<sup>st</sup>:</b> <a href="https://www.children1st.org.uk/">https://www.children1st.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Service information and details on how to access 'Parentline' - a helpline for all parents and carers.	Practitioners/Parents/Carers/Young People
<b>Coping Skills for Kids:</b> <a href="https://copingskillsforkids.com/">https://copingskillsforkids.com/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Resources and ideas for helping children to cope.	Practitioners/Parents/Carers
<b>Cruse Bereavement Care Scotland:</b> <a href="http://www.crusescotland.org.uk/">http://www.crusescotland.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Service details and information around bereavement. Youth website - <b>Hope Again:</b> <a href="http://hopeagain.org.uk/">http://hopeagain.org.uk/</a>	Practitioners/Parents/Carers/Young people
<b>Depression in Teenagers:</b> <a href="http://depressioninteenagers.co.uk/">http://depressioninteenagers.co.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Interactive website focusing on depression.	Teenagers
<b>Grampian Child Bereavement Network:</b> <a href="https://gcbn.org.uk/">https://gcbn.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Service details and information around bereavement.	Practitioners/Parents/Carers
<b>Hands on Scotland:</b> <a href="http://www.handsonscotland.co.uk/">http://www.handsonscotland.co.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Practical advice and information for supporting children and young people's mental health.	Practitioners/Parents/Carers
<b>Heads Together - Mentally Healthy Schools:</b> <a href="https://www.mentallyhealthyschools.org.uk/">https://www.mentallyhealthyschools.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Quality-assured information and resources to help primary schools understand and promote children's mental health and wellbeing.	Aimed at those working in Primary Schools but relevant for practitioners working with all school aged children and young people.
<b>Mental Health Foundation</b> <a href="https://www.mentalhealth.org.uk/">https://www.mentalhealth.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
General mental health information.	Practitioners/Parents/Carers/Young People
<b>Moodcafé:</b> <a href="http://www.moodcafe.co.uk/">http://www.moodcafe.co.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Mental health information and resources.	Practitioners/Parents/Carers/Young People
<b>Moodjuice:</b> <a href="http://www.moodjuice.scot.nhs.uk/">http://www.moodjuice.scot.nhs.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Self-help resources and information. Resources and information for professionals.	Practitioners/Parents/Carers/Young People

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<b>Moray Educational Psychology Service:</b> <a href="http://www.moray.gov.uk/moray_standard/page_55663.html">http://www.moray.gov.uk/moray_standard/page_55663.html</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Service details and support information.	Practitioners/Parents/Carers/Young People
<b>Moray Wellbeing Hub:</b> <a href="http://moraywellbeinghub.org.uk/">http://moraywellbeinghub.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Information about Moray Wellbeing Hub. Wellness college wellbeing courses.	Those aged 16 years old and over.
<b>OCD UK:</b> <a href="https://www.ocduk.org/">https://www.ocduk.org/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
National charity for OCD. Youth Website - <b>OCD Youth:</b> <a href="http://ocdyouth.org/">http://ocdyouth.org/</a>	Practitioners/Parents/Carers/Young People
<b>PAPYRUS:</b> <a href="https://papyrus-uk.org/">https://papyrus-uk.org/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Prevention of young suicide. Helpline and Information.	Practitioners/Parents/Carers/Young People
<b>Place2Be: children's mental health week:</b> <a href="http://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/">www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Quality-assured information, advice and resources to help primary and secondary schools understand and promote children and young people's mental health.	Aimed for those working in Primary and secondary schools and the children and young people themselves.
<b>Quarriers – Let's talk about mental health:</b> <a href="https://quarriers.org.uk/how-we-help/children-families/lets-talk-about-mental-health/">https://quarriers.org.uk/how-we-help/children-families/lets-talk-about-mental-health/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Mental health lessons designed for primary school children.	Practitioners working with Primary School aged children.
<b>Respect Me:</b> <a href="https://respectme.org.uk/">https://respectme.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Scotland's anti-bullying service.	Practitioners/Parents/Carers/Young People
<b>Royal College of Psychiatrists:</b> <a href="https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/">https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Information.	Practitioners/Parents/Carers/Young People
<b>Samaritans:</b> <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Helpline and information.	Practitioners/Parents/Carers/Young People
<b>See Me:</b> <a href="https://www.seemescotland.org/">https://www.seemescotland.org/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>

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Scotland's programme to end mental health stigma and discrimination.	Practitioners/Parents/Carers/Young People
Mental health resources including teaching packs such as 'What's on your mind' and 'On edge' (a self-harm teaching resource for S2 pupils).	Practitioners
<b>Sleep Scotland:</b> <a href="http://www.sleepscotland.org/">http://www.sleepscotland.org/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Information, resources and sleep support line for parents and carers worried about their child's sleep.	Practitioners/Parents/Carers
<b>Stress and Anxiety in Teenagers:</b> <a href="http://www.stressandanxietyinteenagers.co.uk/">http://www.stressandanxietyinteenagers.co.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Interactive website focusing on stress and anxiety.	Teenagers
<b>The Mix:</b> <a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Support and information.	Aimed at 13-25 year olds.
<b>Winston's Wish:</b> <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Information and support around bereavement.	Practitioners/Parents/Carers/Young People
<b>YoungMinds:</b> <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
UK's leading charity for children and young people's mental health. Range of information available.	Practitioners/Parents/Carers/Young People
<b>Young Scot:</b> <a href="https://young.scot/information/?page=1&amp;topic=mind">https://young.scot/information/?page=1&amp;topic=mind</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
See the 'Information' section. The topic 'Mind' contains mental health resources for young people.	Aimed at 11-26 year olds.
<b>13 Reasons Why Toolkit:</b> <a href="https://www.13reasonswhytoolkit.org/">https://www.13reasonswhytoolkit.org/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Toolkit developed for Schools, Parents and Clinical Staff following the 13 Reasons Why Netflix Series focusing on suicide and other mental health concerns.	Practitioners/Parents/Carers
<b>Free worksheets and downloadable resources</b>	
<b>Website:</b>	<b>Age/Audience/Description</b>
<a href="https://www.therapistaid.com/">https://www.therapistaid.com/</a>	Practitioners
<a href="https://www.psychologytools.com/">https://www.psychologytools.com/</a>	Practitioners
<a href="http://www.socialworkerstoolbox.com/">http://www.socialworkerstoolbox.com/</a>	Practitioners
<a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a>	Practitioners
<b>Free online training</b>	
<b>Introduction to mental health:</b>	



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<a href="http://www.northlanmindset.org.uk/">http://www.northlanmindset.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Free online introduction to mental health.	Practitioners/Parents/Carers/Young People
<b>MindEd:</b> <a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Free educational resource on children and young people's mental health for all adults.	Practitioners/Parents/Carers
<b>FutureLearn:</b> <a href="https://www.futurelearn.com/">https://www.futurelearn.com/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
E-learning from universities and specialist organisations.	Practitioners/Parents/Carers
<b>Self-harm training:</b> <a href="https://www.virtual-college.co.uk/resources/free-courses/understanding-young-minds/">https://www.virtual-college.co.uk/resources/free-courses/understanding-young-minds/</a>	
<b>Documents/info on Website</b>	<b>Age/Audience/Description</b>
Free on-line course designed to help parents talk about the issue of self-harm with their children.	Practitioners/Parents/Carers

<b>Mobile Applications</b>	
<b>Name of App</b>	<b>Age/Audience/Description</b>
Calm	Meditation app (cost: some exercises free).
Calm Harm	App for self-harm aimed at those aged 12 years old and over (cost: free).
Headspace	Mindfulness Exercises (some exercises free).
In Hand	A tool to 'bring back the balance' in a moment of stress or low mood (cost: free).
MindShift	App designed to help teens and young adults cope with anxiety (cost: free).
Moray Prevent Suicide App	Support information, url: <a href="http://www.preventsuicideapp.com/suicide-m.html/">http://www.preventsuicideapp.com/suicide-m.html/</a> (cost: free).
SafeSpot	Promotes positive wellbeing in children and young adults (cost: free).
Smiling Mind	Mindfulness programmes for 7-18 year olds, adults and the classroom (costs: free).
Stop, Breathe and Think	App to help you tune into and process your emotions. There is also a version for 5-10 year olds available on IOS only (cost: some exercises free).

<b>Other</b>	
<b>Name</b>	<b>Age/Audience/Description</b>
Bereavement Box	Resource in all Moray Schools



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<b>NHS Grampian Leaflets (used by professionals)</b>	
Contact your local healthpoint at Dr Gray's Hospital, Elgin or visit: <a href="http://www.nhsghcpat.org/HPAC/HPACIndex.jsp">http://www.nhsghcpat.org/HPAC/HPACIndex.jsp</a>	
<b>Title and Leaflet Reference No.</b>	<b>Age/Audience/Description</b>
Coping with pressure at school (YoungMinds) (L13312)	Secondary School age young people
Depression (YoungMinds) (L13309)	Secondary School age young people
Mental Illness In Your Family (Young Minds) (L13114)	Secondary School age young people
Eating problems & eating disorders (YoungMinds) (L13313)	Secondary School age young people
Self-harm (YoungMinds) (L13311)	Secondary School age young people
Anger Issues (YoungMinds) (L13310)	Secondary School age young people
Prevent Suicide app card (L13294)	Adults and young people
How to ... Look after your mental health (L13289)	Adults
Feeling low, anxious or stressed? (Living Life) (L13287)	Living Life is a free phone service for anyone aged 16 and over experiencing low mood, mild / moderate depression and / or anxiety
Living life to the full – Chris Williams	Adults and young people Living life to the full young people website: <a href="http://www.lttfyp.com/">http://www.lttfyp.com/</a>
Quarriers young carer support service (L65101)	Young Carers