

Information for 16-18 year olds

Mental Health Resources

- [Berkshire Healthcare NHS Foundation Trust CYPF Mental and Emotional Health pages](#)
- [East Berkshire CCG – Mental wellbeing for children and young people pages](#) - Includes links to counselling services for Bracknell, Windsor, Maidenhead, Slough.
- [Little Blue Book of Sunshine](#) - Joint publication from Berkshire East and West. Includes information about services across all of Berkshire. Explains some of the things you can do right now to feel better, or who to turn to if things feel too much. Available as PDF and as a free ebook on Apple Books and Google Play Books.
- [Kooth](#) – online counselling and emotional support for Berkshire.
- [West Berkshire council: Ask for Help From the Emotional Health Triage](#)
- [West Berkshire Council MH Services](#) - Includes links to counselling, drug services etc.
- [Wokingham Council MH services](#) - Includes links to counselling, drug services etc.
- [Wokingham Council MH for children and young people](#) - Young people mental health and wellbeing pages.
- [Bracknell Public health portal](#) – Young people mental health and wellbeing pages.
- [Brighter Futures for Children \(Deliver children's services in Reading\)](#) - List of wellbeing apps.
- [Brighter Futures Mental Health Support Team](#) - Only accept referrals for young people enrolled at specific schools in the Reading area.

Helping Friends and Family

- [Anna Freud: National Centre for Children and Families](#) - Helping someone else pages
- [YoungMinds](#) - Lots of information and advice on mental health from asking for help, talking to your GP.
- [How friends and family can support young people with MH issues](#)
- [Childline](#) pages on helping friends with bullying, MH issues etc
- [MIND](#) pages on supporting friends.

Medications Information

- [The British National Formulary](#) & [The British National Formulary for Children](#) (BNF & BNFc) - These are the reference guides used by health professionals in the UK for prescribing, dispensing and giving medicines. The information is written for health

professionals so it is authoritative but may be hard to understand. You can look at these for free on the NICE (National Institute for Care Excellence) website.

- [Patient - Medicine & Drugs A-Z](#) - Printable information about a wide range of drugs. Not specifically aimed at young people but written very clearly. "Our clinical information is certified to meet NHS England's Information Standard. Our health information leaflets are written in clear, easy-to-understand language for the general public and patients."
- [NHS Choices - Medicines A-Z](#) - Describes how medicines work with links to the associated conditions. "Find out how your medicine works, how and when to take it, possible side effects and answers to your common questions."
- [Medicines For Children](#) A partnership programme of Royal College of Paediatrics and Child Health (RCPCH), Neonatal and Paediatric Pharmacists Group (NPPG) and WellChild.
- [Medication Guides for Children and Young People – PDF to attach](#)
- [Mental Health Medication – PDF to attach](#)
- [Apps](#) - Some available Apps that can help with medication reminders, book appointments and get health advice

Fact Checkers

Fact checkers will help you to understand health information and claims that are in the news. Developing critical thinking skills to help to distinguish the difference between real evidence and false claims is really important. See our main health literacy page for tips on how to boost your understanding of this. Some of the most well-known fact checkers are:

- [Full Fact](#)
- [Health Feedback](#)
- [FactCheck.org](#)



Information on specific conditions

Asthma

- [Asthma UK](#)
- [Asthma and Young People](#) - Advice on how to manage asthma in your teens and twenties.
- [Asthma inhalers, medicines and treatments](#) - Find out how your asthma is treated, and what medicines you need to lower your risk of symptoms and asthma attacks.



Diabetes

- [Diabetes UK](#)
- [Diabetes Treatments](#) - Covers different types of medications as well as lifestyle changes to help control diabetes.
- [DigiBete](#) - Site for children and young people living with Type1 Diabetes. Divided into age groups from under 5s to 19-25. Includes a downloadable insulin pump workbook for children and young people. Videos on good injection techniques, and other useful topics. Links to other quality assessed websites
- [University College London Hospitals](#). Children and Young People's Services - Short video guides to help with some of the basics of managing diabetes for children and young people with diabetes.



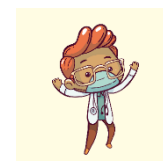
Epilepsy

- [Epilepsy treatment](#) - There are a number of different treatments for epilepsy, however the most common is medication. The main aim of treating epilepsy is to improve the person's quality of life by preventing seizures but also causing minimum side effects. Here you can find more information on treatment, including antiepileptic medication, epilepsy surgery, cannabidiol, emergency epilepsy medication and dietary treatments.



Asking Questions at your GP appointment

Whether it is your initial GP appointment, a consultation with a specialist at an outpatient appointment or a mental health assessment there are a few things you can prepare in advance that will help you to get the most out of time with the health professional. These resources below will help you ask questions to make sure you fully understand your health.



- [NHS: What to ask your doctor?](#) - Checklist of questions to ask at your doctor's appointment.
- [Patient's Association: Making the most of your GP appointment](#) - Tips on how to prepare for your GP appointment, what to ask and how to remember the information given to you.
- [DocReady](#) - A digital tool that helps young people to prepare and make the most out of mental health related GP visits by creating checklists and record information from your appointment.
- [Young Minds: How to talk to your GP about your mental health](#) - Tips and advice on talking to your GP about your mental health.

Feeling Unwell?

When to go to a pharmacist

Pharmacists are qualified healthcare professionals and can offer advice on over the counter medicines for a range of minor illnesses such as coughs, colds, aches and pains. They will also make sure you get the help you need if your symptoms suggest you should see a GP or other healthcare professional. Most pharmacies have a private consultation room so you discuss issues with pharmacy staff in private.

[See here for more information about pharmacies and the services they provide.](#)

- [When to use 111](#)
- [When to use walk in or minor injuries unit](#)
- [When to use A&E](#)
- [NHS pages on GPs](#)
- [Childline pages on visiting a doctor](#)