PARENTING TIPS

No. 44
March 2006

'Mental Health and Growing Up' Factsheets

"Much of the advice is extremely useful as a first point of reference for parents and professionals, particularly with regard to difficulties which may fall outside the teacher or parent's experience."

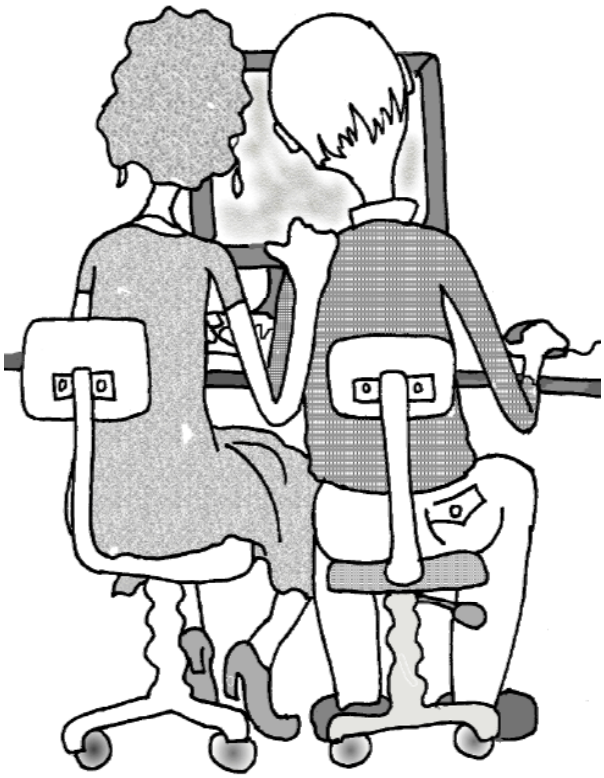
***Special* (Journal of the National Association for Special Educational Needs)**

The 'Mental Health and Growing Up' factsheets, produced by the Royal College of Psychiatrists cover the main emotional, behavioural and mental health problems that can affect children and young people. Each factsheet explains what the problem might be, the possible causes and effects, tips to help you deal with it, the treatments available, and how and where to get help. The factsheets are available online free of charge.

These short, simply-written and easily understandable leaflets offer parents, teachers and young people practical and up-to-date information on what you can do if you are worried about your child, a pupil or a friend. They have been very popular both with professionals working in child and adolescents mental health services, as well as the general public looking for help.

The factsheets have been designed so that they can be easily photocopied and handed out to friends, colleagues or professionals working with children and young people.

The thirty six current factsheets are indexed below. In electronic form, each title is hotlinked to its location on the *rcpsych* website.



Access to reliable information was a good starting point in addressing Helen & Jim's concerns about their son.

For parents and teachers:

1. The restless and excitable young child
2. Good parenting
3. Dealing with tantrums
4. Behavioural problems and conduct disorder
5. ADHD and hyperkinetic disorder
6. Stimulant medication for hyperkinetic disorder and attention deficit hyperactivity disorder
7. Sleep problems in childhood and adolescence
8. Children who soil or wet themselves
9. Children who do not go to school
10. The child with general learning disability
11. Specific learning difficulties
12. Understanding autism and Asperger's syndrome
13. Worries and anxieties - helping children to cope
14. Divorce or separation of parents - the impact on children and adolescents
15. Death in the family - helping children to cope
16. Parental mental illness - the problems for children
17. Domestic violence - its effects on children
18. The emotional cost of bullying
19. Child abuse and neglect - the emotional effects
20. Traumatic stress in children - how parents can help
21. Schizophrenia
22. Bipolar affective disorder (manic depression)
23. Obsessive_compulsive disorder in children and young people
24. Eating disorders in young people
25. Suicide and attempted suicide
26. Deliberate self-harm in young people
27. Chronic physical illnesses: the effects on mental health
28. Medically unexplained physical symptoms
29. Chronic fatigue syndrome (CFS): helping your child to get better
30a. Alcohol and drugs: what parents need to know
30b. Information about drugs: what parents need to know
31. Child and adolescent psychiatrists: how they can help

For young people:

31. Child and adolescent psychiatrists: how they can help
32. Coping with stress
33. Psychotic illness
34. Depression in children and young people
35. Worries about weight
36. Drugs and alcohol

Source. http:// http://www.rcpsych.ac.uk/info/mhgu/

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Association of **H**eads of **I**ndependent **S**chools of **A**ustralia

To receive **Parenting Tips** by email: parentingtips@pared.edu.au