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# A Guide to the Mental Health of Children and Young People

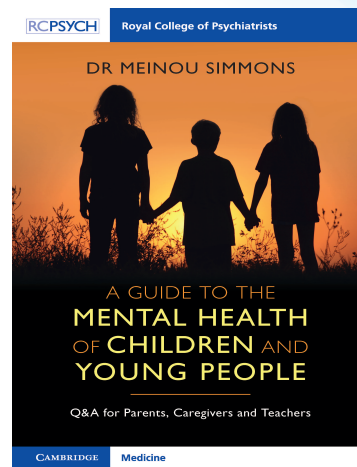
Q&A for Parents, Caregivers and Teachers

**Meinou Simmons**

Oxford City CAMHS

Supporting the mental health and well-being of children and young people is a top priority for parents, caregivers and teachers, but it can be tricky to find reliable and evidence-based information. Written by an experienced child and adolescent psychiatrist, in a user-friendly question and answer format, this book outlines the mental health challenges facing our children and young people and offers practical advice on how to best support them. The book covers a wide range of topics, including how biological factors and lifestyle factors affect mental health, parenting strategies, managing school, building networks of support, and connecting with children and young people. It gives a broad overview of the most common mental health difficulties and disorders, and considers how they can be managed. A must read for anyone looking to understand what a child or young person may be experiencing and why, and the practical ways in which to effectively support them.

Part I. What affects children and young people's mental health? 1. Biological processes affecting mental health; 2. Lifestyle factors affecting mental health; 3. The impact of relationships on mental health; 4. Stressors affecting mental health; 5. Vulnerability of special groups; 6. Promoting mental health and preventing ill health: A summary; Part II. Strengthening relationships with children and young people and giving support: 7. Looking after yourself; 8. Connecting with children and young people; 9. Supporting partners and co-parents; 10. Creating a network of support; 11. Positive parenting strategies; 12. Helping children and young people to manage school; 13. Building resilience and strength; Part III. What are the common mental health difficulties in children and young people and how are they managed? What can you do to help? 14. Difficulties with mood: Depression; mood swings and emotional dysregulation; bipolar disorder; 15. Difficulties with worries and anxiety; 16. Difficulties with self-harm and suicidal thoughts; 17. Difficulties with trauma and post-traumatic stress disorder; 18. Difficulties with anger and behaviour; 19. Difficulties with attachment; 20. Difficulties with autism and neurodevelopmental conditions including tics; 21. Difficulties with attention and activity levels; 22. Alcohol and drug-related difficulties and disorders; 23. Difficulties with eating; 24. Difficulties with body image and body dysmorphic disorder; 25. Difficulties with perfectionism, obsessions and OCD; 26. Difficulties with losing touch with reality (psychosis); 27. First aid for mental health; 28. Mental health teams: Who works in them and what are the types of specialist teams?



**October 2022**

229 x 152 mm c.436pp

Paperback 978-1-911623-91-5

Original price	Discount price
£19.99	£15.99
\$25.99	\$20.79

'I would recommend this book to anyone who has children and to anyone who works with children and young people. Easily readable yet thorough, one of those books you can refer to time and time again.'

**Dr Marta Costa,**

*Consultant in Child and Adolescent Psychiatry, currently working with Oxford Health NHS Foundation Trust*



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