CHOOSING WHAT’S BEST FOR YOU

What scientists have found helps children and young people who are sad, worried or troubled

November 2007
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How this booklet can help you

This booklet was written to help **you** make the best choices for you.

**This booklet describes what scientists have found out so far, after comparing different ways of helping with large numbers of people.**

Knowing ‘the facts’ makes it easier to make choices, but working out what ‘the facts’ are is not always easy.

This is our first attempt to make this information available to children and young people in this way.

This does not mean you have to decide to go with any of the ways of helping listed here.

By knowing what scientists have found out so far, you can have better conversations with those who are trying to help you.

We would really like to know what you think of this booklet so we can make future versions better.

We have included some quotes from young people about their experience of getting help.

There are many ways of trying to help that haven’t been properly tested yet by scientists, but which might help some individuals. We haven’t written about them here.

How well you get on with the person trying to help you is likely to be important – let them know what you find helpful and unhelpful.

There are things for and against all types of help and they all mean you doing something new - ask about what is involved.

This was written in 2007. Our knowledge will grow with time and this advice might change. Check out the links on p36 for the latest info.

Knowledge is power

Remember…

Let us know what you think: ebpu@annafreud.org
What the different types of difficulty mean

Anxiety
People with anxiety difficulties get extremely worried about things. Phobias are when people are excessively frightened of something, e.g. spiders.

Attention Deficit Hyperactivity Disorder (ADHD)
People with ADHD find it very difficult to sit still, to concentrate and/or focus on things and/or to think before they act.

Autism and Asperger’s
People with autism or Asperger’s have difficulties communicating with others and understanding the world as others do.

Conduct Disorder
People with conduct disorder behave in a way that is out of control and harmful to others.

Deliberate Self-Harm
People who self-harm deliberately hurt themselves.

Depression
People with depression are very sad over a long period of time and can see no way forward.

Eating Disorders (Anorexia and Bulimia)
People with anorexia nervosa more or less stop eating altogether. People with bulimia nervosa eat, but are then sick or take laxatives to get rid of the food.

Obsessive-Compulsive Disorder (OCD)
People with OCD feel they have to do something over and over again, e.g. wash their hands.

Post Traumatic Stress Disorder (PTSD)
People with PTSD continue to be very disturbed by an upsetting event.

Psychosis (Bipolar Disorder and Schizophrenia)
People with psychosis have very serious problems that affect how they think, feel and act.

People with Bipolar Disorder feel alternately very manic (very high) and then very depressed.

People with Schizophrenia can imagine they are hearing things and that they are being controlled by others.

Substance Misuse
People with substance misuse difficulties are addicted to, or being harmed by, their use of drugs or alcohol.

Tourette’s Syndrome
People with Tourette’s shout out, or have multiple repetitive behaviours (tics) that they cannot control.

Note
You may have been told you have one or more of the following difficulties.
You are not alone.
Millions of children and young people in the UK have difficulties like these at any one time.
Often they have more than one difficulty at the same time.
For all the difficulties listed here, there are things that you and others can do to make things better and make life easier.
This booklet tells you about ways of helping that have been tested by scientists.
Different people trying to help you may use different names to describe the difficulties. We have used these names because they are the ones the scientists used.
If you want to know more, or talk to someone about a particular worry or difficulty, try ‘useful information and resources’ listed on p36.
What the different types of help mean

Behaviour Therapy
Learning and practising new behaviour that will make life easier for you and others.

Cognitive Behaviour Therapy
Learning and practising new ways of thinking and behaving to make life easier for you and others.

Debriefing
Talking in detail about an upsetting event immediately after it has happened.

Diet
Changing what you eat. This might mean no longer eating some foods and/or taking in extra amounts of others.

Eye Movement Desensitisation Reprocessing (EMDR)
Focussing on a particular physical action whilst thinking about difficult things, in order to change your thoughts and feelings about those things.

Group Therapy
Talking about things in a group on a regular basis with other people who are having difficulties.

Information and Support
Learning about how to understand difficulties, and talking things through.

Intensive Behaviour Training
Parents and others provide intensive training to help a child develop basic skills.

Interpersonal Therapy
Talking about key issues in your relationships and agreeing ways forward.

Medicine
Taking medicine as a pill or as a liquid to help you think, feel or behave differently. For more information about particular medicines, go to www.netdoctor.co.uk

Motivational Interviewing
Having conversations which focus on the advantages and disadvantages of changing your behaviour.

Multi-systemic Therapy
Lots of different types of help for you and your family, all working together to try to sort out the problems.

Note
Many of the ways of helping listed here involve you meeting with an adult who is trained to help children and young people when they are troubled.

This sort of help may sometimes be lumped together as ‘therapy’ or ‘support and advice’.

In fact, there are many different sorts of ‘therapy’ and ‘support and advice’.

This booklet aims to let you know which of them scientists have found to be most helpful.

We have kept the descriptions very short.

You can find out more about the different types of help mentioned here by asking the person who is offering to help you or by searching the internet.
How different types of help are rated

- This booklet rates what scientists have found helps, based on how sure we can be about what they have found out.
- All the tests by scientists reported here have been checked to see how much we can trust the findings.
- Ways of checking scientific findings include looking at: how scientists have tested something; who paid for the research; whether other scientists have found that the same things help different people in different places.

### What the ratings mean

<table>
<thead>
<tr>
<th>STAR RATING</th>
<th>WHAT IT MEANS</th>
<th>WHY THIS RATING?</th>
</tr>
</thead>
<tbody>
<tr>
<td>★★★★</td>
<td>Scientists are very sure about this way of helping.</td>
<td>Several different scientists have done the most careful kind of study where they split people into different groups, each of which got a different type of help. The groups people were put in were decided ‘randomly’, e.g. someone might toss a coin to see who goes in which group – so that each group has roughly the same mix of people in it. This is thought to be the fairest test of whether something helps because people in the groups are similar in every way, except for the type of help they get.</td>
</tr>
</tbody>
</table>

| ★★★ | Scientists are pretty sure about this way of helping. | Scientists may have done several good studies where they have split people up into different groups and given them different sorts of help. People got to choose – or were chosen – to be in each group. This is not as fair a test, because people in the different groups may be different in some way that affects whether they get better or not. |

| ★★ | Scientists are not so sure about this way of helping. | Scientists have not yet done many good studies, or they have only looked at what people are already doing and compared one group with another. This is thought to be the least fair test because it is quite likely that the people in the different groups are different in some way that affects whether they get better or not. |

“I HAVE BEEN GIVEN ADVICE ABOUT HOW TO HELP MYSELF, WHICH HAS BEEN REALLY USEFUL”

SOPHIE, AGED 11

What scientists have found helps with...

Anxiety

People with anxiety difficulties get extremely worried about things. Phobias are when people are excessively frightened of something, e.g. spiders.

Behaviour Therapy

VERY LIKELY TO HELP ★★★

Learning and practising new behaviour that will make life easier for you and others.

Cognitive Behaviour Therapy

VERY LIKELY TO HELP ★★★

Learning and practising new ways of thinking and behaving that make life easier for you and others.

Medicine

VERY LIKELY TO HELP ★★★

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Anti-depressant medicines called ‘SSRIs’ can help people with social anxiety when other forms of help have not worked.

Information and Support

LIKELY TO HELP ★★

Learning about how to understand the difficulties, and talking things through.

Remember

There may be other ways of helping not yet tested by scientists that might help you.

Remember

Our knowledge is still growing – check the links on p36 for the latest info.

Remember

We are all different; what helps others may not help you.

Remember

You may need to try more than one thing.

Remember

Never be afraid to ask questions or to tell people how you are finding things.

Remember

Anti-depressant medicines called ‘SSRIs’ can help people with social anxiety when other forms of help have not worked.

Remember

May help if you are very anxious about going to school.

Remember

Never be afraid to ask questions or to tell people how you are finding things.

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What scientists have found helps with...

Attention Deficit Hyperactivity Disorder (ADHD)

People with ADHD find it very difficult to sit still, to concentrate and/or focus on things and/or to think before they act.

**Medicine**

*VERY LIKELY TO HELP ★★★*

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

If you are taking stimulant medicines it may help to have breaks, to make sure you continue to grow properly.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to www.netdoctor.co.uk

**Behaviour Therapy**

*LIKELY TO HELP ★★*

Learning and practising new behaviour that will make life easier for you and others.

This can be tried first or along with medicine and might mean you don’t have to take so much medicine.

This should also happen in school to make sure it helps your behaviour there as well.

**Parent Training**

*LIKELY TO HELP ★★*

Help and practical advice for parents and carers on how to change their own and their children’s behaviour.

This can be tried first or along with medicine.

**Diet:** avoiding certain foods

*LIKELY TO HELP ★★*

Changing what you eat so that you no longer eat some foods.

If you have a genuine food intolerance then stopping eating the foods you are intolerant to may help your behaviour.

**Diet:** taking Omega 3 and Omega 6 oils

*MIGHT HELP ★*

Changing what you eat so that you take capsules that contain fish oils.

Not many studies have been made so far to find out whether this helps.

**Remember**

Our knowledge is still growing – check the links on p36 for the latest info.

**Remember**

There may be other ways of helping not yet tested by scientists that might help you.

**Remember**

You may need to try more than one thing.

**Remember**

We are all different; what helps others may not help you.

**Remember**

Never be afraid to ask questions or to tell people how you are finding things.
What scientists have found helps with...

**Autism and Asperger’s**

People with autism or Asperger’s have difficulties communicating with others and understanding the world as others do.

**Intensive Behavioural Training**

**LIKELY TO HELP ★★**

Parents and others provide intensive training to help a child develop basic skills.

Can be done individually or as part of a group.

Can help improve general abilities and social skills.

**Medicine**

**LIKELY TO HELP ★★**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

No medicine has been found to help the underlying problems of autism itself, but there are medicines that can help with some of the other difficulties that people with autism may have.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to www.netdoctor.co.uk

**Remember**

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Remember

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What scientists have found helps with...

Conduct Disorder

People with conduct disorder behave in a way that is out of control and harmful to others.

Parent Training

**VERY LIKELY TO HELP ★★★★
Most likely to help on its own if you are under 10 years old and the difficulties are not severe.**

Help and practical advice for parents and carers on how to change their own and their child’s behaviour.

Problem-solving Training

**VERY LIKELY TO HELP ★★★★
Helpful alongside parent training if you are 8-12 years old or if the difficulties are quite severe.**

Learning and practising new ways of tackling problems in a helpful way.

Social Skills Training

**VERY LIKELY TO HELP ★★★★
Learning and practising new ways of getting on better with others.**

Systemic Family Therapy

**VERY LIKELY TO HELP ★★
Works best if it includes advice on and practice in changing behaviour.**

Helping families work together to find new solutions that work for them.

Multi-Systemic Therapy

**VERY LIKELY TO HELP ★★★★
Helpful if you have had a lot of difficulties for a long time.**

Lots of different types of help for you and your family, all working together to try to sort out the problems.

Therapeutic Foster Care

**VERY LIKELY TO HELP ★★★
Only necessary if you have had very serious difficulties over a long time.**

Living with foster parents who are trained and supported in working with difficulties.

Medicine

**LIKELY TO HELP ★
Medicines for conduct disorder should only be used in special circumstances. Try other things first.**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

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What scientists have found helps with...

Deliberate Self-Harm

People who self-harm deliberately hurt themselves.

**Systemic Family Therapy**

**LIKELY TO HELP ★★★**

Helping families work together to find new solutions that work for them.

Meeting a few times to focus on solving key problems can help after a child or young person has self-harmed.

**Group Therapy**

**LIKELY TO HELP ★★★**

Talking about things in a group on a regular basis with other people who are having difficulties.

Helps young people who have self-harmed several times.

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We are all different; what helps others may not help you.

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Our knowledge is still growing – check the links on p36 for the latest info.

Remember

You may need to try more than one thing.

Remember

Never be afraid to ask questions or to tell people how you are finding things.

Remember

There may be other ways of helping not yet tested by scientists that might help you.

“I’VE BEEN ABLE TO TALK ABOUT MY PROBLEMS AND I’VE LEARNED TO OPEN UP AND NOT HIDE AWAY ANY MORE”

CORRINE, AGED 17
Choosing What's Best For You
(CAMHS Publications, July 2007)
CAMHS Evidence-Based Practice Unit, University College London & Anna Freud Centre
www.annafreud.org/ebpu

What scientists have found helps with...

Depression

People with depression are very sad over a long period of time and can see no way forward.

Watchful Waiting
LIKELY TO HELP ★★
Waiting and checking to see if things get better by themselves.

Sometimes people get better by themselves without any help – this is only suggested if the difficulties are not severe.

Interpersonal Therapy
LIKELY TO HELP ★★
Talking about key issues in your relationships and agreeing ways forward.

Cognitive Behaviour Therapy
LIKELY TO HELP ★★
Learning and practising new ways of thinking and behaving that will make life easier for you and others.

Systemic Family Therapy
LIKELY TO HELP ★★
Helping families work together to find new solutions that work for them.

Psychodynamic Psychotherapy
LIKELY TO HELP ★★
Exploring unconscious processes and past relationships to try to understand the causes of problems.

Medicine
VERY LIKELY TO HELP ★★★
Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

If things are very bad, or if other things are not helping, antidepressant medicines called ‘SSRIs’ can be helpful for teenagers (and possibly for younger children).

These should be used alongside Cognitive Behaviour Therapy, Interpersonal Therapy, Systemic Family Therapy or Psychodynamic Psychotherapy.

Note: antidepressants known as ‘tricyclics’ have been shown NOT to help.

Remember
We are all different; what helps others may not help you.

Remember
There may be other ways of helping not yet tested by scientists that might help you.

Remember
You may need to try more than one thing.

Remember
Our knowledge is still growing – check the links on p36 for the latest info.

Remember
Never be afraid to ask questions or to tell people how you are finding things.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to www.netdoctor.co.uk

Note: any medicine used should always be taken as directed by a doctor.

CHOOSING WHAT'S BEST FOR YOU

Helping families work together to find new solutions that work for them.

Likely to help

Can be helpful where difficulties are not too severe.

Because people can get depressed again, it may help to have a few meetings, even after you are feeling better, to help stop this happening.

Remember
Never be afraid to ask questions or to tell people how you are finding things.

Remember
There may be other ways of helping not yet tested by scientists that might help you.

Remember
You may need to try more than one thing.

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Our knowledge is still growing – check the links on p36 for the latest info.

Remember
Never be afraid to ask questions or to tell people how you are finding things.

Our knowledge is still growing – check the links on p36 for the latest info.
### What scientists have found helps with...  
**Eating Disorders (Anorexia and Bulimia)**

People with anorexia nervosa more or less stop eating altogether. People with bulimia nervosa eat, but are then sick or take laxatives to get rid of the food.

<table>
<thead>
<tr>
<th>Therapy Type</th>
<th>Likelihood</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Systemic Family Therapy</strong></td>
<td>Very Likely to Help</td>
<td>Helps teenagers with anorexia. Helping families work together to find new solutions that work for them.</td>
</tr>
<tr>
<td><strong>Behaviour Therapy</strong></td>
<td>Likely to Help</td>
<td>Learning and practising new behaviour that will make life easier for you and others. Can be used in hospital, to help people put on weight.</td>
</tr>
<tr>
<td><strong>Psychodynamic Psychotherapy</strong></td>
<td>Might Help</td>
<td>Exploring unconscious processes and past relationships to try to understand the causes of the problems.</td>
</tr>
<tr>
<td><strong>Cognitive Behaviour Therapy CBT</strong></td>
<td>Might Help</td>
<td>Learning and practising new ways of thinking and behaving that make life easier for you and others.</td>
</tr>
<tr>
<td><strong>Interpersonal Therapy</strong></td>
<td>Might Help</td>
<td>Talking about key issues in your relationships and agreeing ways forward.</td>
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Remember
- We are all different; what helps others may not help you.
- Never be afraid to ask questions or to tell people how you are finding things.
- Our knowledge is still growing – check the links on p36 for the latest info.
- You may need to try more than one thing.

Remember
- There may be other ways of helping not yet tested by scientists that might help you.

“BEING ABLE TO TALK TO SOMEONE HAS REALLY HELPED”

**AMY, AGED 11**

“BEING ABLE TO TALK TO SOMEONE HAS REALLY HELPED”

**AMY, AGED 11**
**What scientists have found helps with…**

**Obsessive-Compulsive Disorder (OCD)**

People with OCD feel they have to do something over and over again, e.g. washing their hands.

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**Behaviour Therapy**

**VERY LIKELY TO HELP ★★★**

Learning and practising new behaviour that will make life easier for you and others.

*If you are under 11 years old or if your parents worry a lot about things, it may be helpful if they take part too.*

**Cognitive Behaviour Therapy**

**VERY LIKELY TO HELP ★★★**

Learning and practising new ways of thinking and behaving that make life easier for you and others.

**Medicine**

**VERY LIKELY TO HELP ★★★**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

*Taking anti-depressant medicines called SSRI$s$ or a medicine called ‘clomipramine’ can be helpful when other things have not helped.*

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to [www.netdoctor.co.uk](http://www.netdoctor.co.uk)

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**Remember**

- Never be afraid to ask questions or to tell people how you are finding things.
- We are all different; what helps others may not help you.
- You may need to try more than one thing.
- There may be other ways of helping not yet tested by scientists that might help you.
- Our knowledge is still growing – check the links on p36 for the latest info.
- Remember that there may be other ways of helping that have not yet been tested by scientists.
Choosing What’s Best For You (CAMHS Publications, July 2007)
CAMHS Evidence-Based Practice Unit, University College London & Anna Freud Centre
www.annafreud.org/ebpu

What scientists have found helps with…

Post Traumatic Stress Disorder (PTSD)

People with PTSD continue to be very disturbed by an upsetting event.

Cognitive Behaviour Therapy

LIKELY TO HELP ★★
Learning and practising new ways of thinking and behaving that make life easier for you and others.

This should look at your specific problems, and should be suitable for your age.

Eye Movement Desensitisation and Reprocessing (EMDR)

MIGHT HELP ★
Focussing on a particular physical action whilst thinking about difficult things in order to change your thoughts and feelings about those things.

Not many studies have been made so far to find out if this helps.

Remember
We are all different; what helps others may not help you.

Remember
You may need to try more than one thing.

Remember
Never be afraid to ask questions or to tell people how you are finding things.

Remember
There may be other ways of helping not yet tested by scientists that might help you.

Remember
Our knowledge is still growing – check the links on p36 for the latest info.

“‘I FEEL RESPECTED AND LISTENED TO’
ADAM, AGED 12

Note: Whilst talking can be helpful, being encouraged to talk to new people in detail about an upsetting event immediately after it has happened (debriefing) if you don’t want to may not be helpful. Medicines have NOT been found to help children and young people directly with PTSD.

Remember
We are all different; what helps others may not help you.

Remember
Never be afraid to ask questions or to tell people how you are finding things.

Remember
Our knowledge is still growing – check the links on p36 for the latest info.
What scientists have found helps with...

**Psychosis** (Bipolar Disorder and Schizophrenia)

People with psychosis have very serious problems that affect how they think, feel and act.

### Bipolar Disorder

People with bipolar disorder feel alternately very manic (very high) and then very depressed.

**Medicine when you are first ill**

**LIKELY TO HELP ★★★**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

**Taking medicine to stop you getting ill again**

**MAY HELP ★★★**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to www.netdoctor.co.uk

### Schizophrenia

People with schizophrenia can imagine they are hearing things and that they are being controlled by others.

**Medicine**

**VERY LIKELY TO HELP ★★★★★**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to www.netdoctor.co.uk

### Cognitive Behaviour Therapy

**MAY HELP ★★★**

Learning and practising new ways of thinking and behaving that make life easier for you and others.

### Systemic Family Therapy

**MAY HELP ★★★**

Helping families work together to find new solutions that work for them.

Remember

Our knowledge is still growing – check the links on p36 for the latest info.

Remember

There may be other ways of helping not yet tested by scientists that might help you.

Remember

You may need to try more than one thing.

Remember

We are all different; what helps others may not help you.

Remember

Never be afraid to ask questions or to tell people how you are finding things.

These have been found to help adults with psychosis, but scientists don’t know how well they will help younger people.

Remember

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There may be other ways of helping not yet tested by scientists that might help you.

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Never be afraid to ask questions or to tell people how you are finding things.
What scientists have found helps with...

Substance Misuse

People with substance misuse difficulties are addicted to, or being harmed by, their use of drugs or alcohol.

**Systemic Family Therapy**
**VERY LIKELY TO HELP ★★★★★**
Helping families work together to find new solutions that work for them.

**Multi-Systemic Therapy**
**LIKELY TO HELP ★★★**
Lots of different types of help for you and your family, all working together to try to sort out the problems.

**Motivational Interviewing**
**LIKELY TO HELP ★★★**
Having conversations which focus on the advantages and disadvantages of changing your behaviour.

Remember
Our knowledge is still growing – check the links on p36 for the latest info.

Remember
We are all different; what helps others may not help you.

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Never be afraid to ask questions or to tell people how you are finding things.

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There may be other ways of helping not yet tested by scientists that might help you.

Remember
You may need to try more than one thing.

Helps people who have difficulties with drugs and alcohol.

Helps if there are several problems.

Can help people limit or stop their drug and alcohol intake.

“I HAVE BEEN TOLD ABOUT TECHNIQUES I CAN USE TO HELP MYSELF”

BRYN, AGED 16
What scientists have found helps with...  
**Tourette’s Syndrome**

People with Tourette’s shout out or have multiple repetitive behaviours (tics) that they cannot control.

**Medicine**

**VERY LIKELY TO HELP ★★★**

Taking medicine as a pill or as a liquid to help you think, feel or behave differently.

Medicines called ‘neuroleptics’ and a medicine called ‘clonidine’ can help.

Any medicine may have side effects – you need to talk this over with your doctor. For more information about particular medicines go to www.netdoctor.co.uk

**Remember**

Our knowledge is still growing – check the links on p36 for the latest info.

**Remember**

There may be other ways of helping not yet tested by scientists that might help you.

**Remember**

You may need to try more than one thing.

**Remember**

We are all different; what helps others may not help you.

**Remember**

Never be afraid to ask questions or to tell people how you are finding things.

Things to bear in mind

Doing scientific studies to work out what helps most is not easy.

There is still a lot we don’t know.

Never be afraid to ask those people offering to help you why they are suggesting particular ways of helping, and what other options there are.

Some questions you might like to ask those who are trying to help you.

What have scientists found out that most helps people like me?

Are there any reasons why I should try something different?

What are the advantages and disadvantages of the different options open to me?
For more information about particular problems:

- **ADDiSS** (The National Attention Deficit Disorder Information and Support Service)
  www.addiss.co.uk
- **Beat** (Beating Eating Disorders)
  www.b-eat.co.uk/Home
- **Frank** (for info about drugs)
  www.talktofrank.com
- **Mental Health Foundation**
  (produce leaflets on several subjects)
  www.mhf.org.uk
- **National Autistic Society**
  www.nas.org.uk
- **Parentline**
  www.parentlineplus.org.uk
- **Royal College of Psychiatrists**
  www.rcpsych.ac.uk/mentalhealthinformation.aspx
- **RU-OK** (website for young people)
  www.ru-ok.com
- **There4Me** (website aimed at 12-16 year-olds)
  www.there4me.com
- **Tourette’s Syndrome**
  www.tsa.org.uk
- **YoungMinds**
  www.youngminds.org.uk
- **Youth In Mind** (for parents and teachers as well as children and young people)
  www.youthinmind.co.uk

For the latest advice on the ways of helping that should be available to you:

- **National Institute for Health and Clinical Excellence (NICE)** – this organisation advises the NHS on the best ways of helping people with health problems. Not everything has been covered by NICE but, where it has, they can tell you what types of help should be offered to you.
  www.nice.org.uk

If you have concerns or worries you want to discuss privately:

- **Childline**
  (free helpline 0800 1111)
  www.childline.org.uk
- **Get Connected**
  (free helpline 0808 808 4994)
  www.getconnected.org.uk
- **Samaritans**
  (free helpline 08457 90 90 90)
  email jo@samaritans.org or
  www.samaritans.org.uk
- **YoungMinds Parent Information Service**
  (free helpline 0800 018 2138)
  www.youngminds.org.uk

This booklet is based on:

by Miranda Wolpert, Peter Fuggle, David Cottrell, Peter Fonagy, Jenette Phillips, Steven Pilling, Samuel Stein, and Mary Target.

Free copies of *Drawing on the Evidence* can be downloaded from
www.annafreud.org/ebpu

For more information:

Peter Fonagy, Mary Target, David Cottrell, Jeanette Phillips and Zarrina Kurtz.
Who wrote this booklet

- **Miranda Wolpert**, Director, CAMHS Evidence-Based Practice Unit, University College London & Anna Freud Centre
- **Robert Goodman**, Professor of Brain and Behavioural Medicine, Kings College London, Institute of Psychiatry
- **Carly Raby**, Young Peoples’ Participation Manager, YoungMinds
- **David Cottrell**, Professor of Child and Adolescent Psychiatry, University of Leeds
- **Paula Lavis**, Knowledge and Information lead, CAMHS Evidence-Based Practice Unit University College London & Anna Freud Centre and YoungMinds
- **Jonathan Bureau**, Team Co-ordinator, CAMHS Evidence-Based Practice Unit, University College London & Anna Freud Centre
- **Steve Kingsbury**, Consultant in Child, Adolescent and Family Psychiatry, Hertfordshire
- **David Trickey**, Consultant Child Psychologist, Leicester Royal Infirmary
- **Samuel Stein**, Consultant in Child, Adolescent and Family Psychiatry, Bedfordshire and Luton Mental Health and Social Care Partnership
- **Nisha Dogra**, Senior Lecturer in Child and Adolescent Psychiatry, Leicester University
- **Jeanette Phillips**, Consultant Child and Adolescent Psychiatrist, Kent and Medway NHS and Social Care Partnership Trust
- **Barbara Herts**, Director, YoungMinds
- **Dinah Morley**, independent child mental health researcher
- **Jude Sellen**, independent child mental health consultant
- **Kathryn Pugh**, Head of Policy and Innovation, YoungMinds
- **Cathy Street**, independent child mental health researcher
- **Peter Fuggle**, Consultant Clinical Psychologist, Islington Primary Care Trust
- **David Goodban**, National CAMHS Support Service
- **Ann York**, Consultant Child and Adolescent Psychiatrist, Richmond and Senior Adviser of Child and Adolescent Mental Health, Department of Health
- **Dawn Rees**, National CAMHS Implementation Lead, National CAMHS Support Service
- **Miranda Wolpert**, Director, CAMHS Evidence-Based Practice Unit, University College London & Anna Freud Centre
- **Robert Goodman**, Professor of Brain and Behavioural Medicine, Kings College London, Institute of Psychiatry
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- **Dawn Rees**, National CAMHS Implementation Lead, National CAMHS Support Service

Thanks to all those who offered advice and comments. In particular:

- the 64 young people and their helpers who attended the YoungMinds East Midlands Children and Young People’s Conference (March 2007); members of the YoungMinds HealthyHeads and VIK children and young people’s panel: Sir Michael Rutter; Dr Michael Clark; Sir Iain Chalmers; Sir Muir Gray; Hamish Chalmers; Professor Eric Taylor; Professor Peter Fonagy; Ottilie Dugmore of QINMAC and the psychologists of Bedfordshire and Luton.
- Thanks to the National CAMHS Support Service and YoungMinds who paid for copies of this booklet to be printed.
This booklet is designed to be given out to children and young people by those trying to help them.

It aims to help people make more informed choices about different treatment options.

It does not tell people what to do; it simply says what scientists have found out so far for particular emotional and behavioural difficulties.

We are interested in your feedback - let us know how future versions of this booklet might be improved:

ebpu@annafreud.org

For free copies and more information go to:

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