



CAMHS Book Collections

CAMHS (Child and Adolescent Mental Health Service), is part of the NHS and delivers services for children and young people under 18 and their families.

Leeds CAMHS have provided a collection of books in a number of Leeds Libraries, which offer useful ideas for managing mental and emotional health issues.

You can find out more about our CAMHS, as well as other helpful resources on our website: www.leedscommunityhealthcare.nhs.uk/camhs

Leeds Library & Information Services have a number of other titles in this subject.

For more information please visit: www.leeds.gov.uk/libraries to search out library catalogue.

CAMHS**Cont Over.....**

For more information call 0113 247 6016
or visit www.leeds.gov.uk/libraries

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**Leeds Library and
Information Service**
The world at your fingertips

Titles available:

- Helping your anxious child: A step-by-step guide for parents
- So young, So sad (for parents and teenagers)
- Getting better, bite by bite: A survival kit for sufferers of bulimia nervosa and binge eating disorders
- Huge bag of worries
- What to do when you worry too much: A Kid's guide to overcoming anxiety
- Helping children with complex needs bounce back
- Don't let your emotions ruin your life for teens
- Incredible Years: A troubleshooting guide for parents of children aged 2-8 years old

**Leeds Library & Information Service in partnership with
CAMHS (Leeds Community Healthcare Trust)**

Please check the library catalogue for availability –
www.leeds.gov.uk/libraries