

## Follow-on reading

Pimenta, S. (2020). Young people's help-seeking behaviours: dealing with their own versus a friend's symptoms of poor mental health.

<https://www.acamh.org/blog/young-peoples-help-seeking-behaviours/>

YMCA. (2016). A report investigating the stigma faced by young people experiencing mental health difficulties.

<https://www.ymca.org.uk/wp-content/uploads/2016/10/IAMWHOLE-v1.1.pdf>

See Me Scotland. (2019). Feels FM Report.

<https://www.seemescotland.org/media/9468/feelsfm-executive-summary-report.pdf>

Kirby, P. (2004). A guide to actively involving young people in research: For researchers, research commissioners, and managers.

<https://www.invo.org.uk/wp-content/uploads/2012/01/InvolvingYoungPeople2004.pdf>

Patalay, P. & Fitzsimons, E. (2017). Mental ill-health among children in the new century: Trends across childhood, with a focus on age 14. London, UK.

[https://www.ucl.ac.uk/ioe/sites/ioe/files/patalay\\_fitzsimons\\_mental\\_ill-health\\_among\\_children\\_of\\_the\\_new\\_century\\_-\\_september\\_2017.pdf](https://www.ucl.ac.uk/ioe/sites/ioe/files/patalay_fitzsimons_mental_ill-health_among_children_of_the_new_century_-_september_2017.pdf)