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Choosing what's best for you. What scientists have found helps children and young people who are sad, worried or troubled (First Edition, July 2007)

*Miranda Wolpert, Robert Goodman, Carly Raby, David
Cottrell, Paula Lavis, Jonathan Bureau and colleagues*

- ❖ Designed to be given out to children and families by child mental health professionals and others.
- ❖ Explains the evidence base in a clear child-friendly layout.
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- ❖ Non-prescriptive; highlights the need to take into account the limitations of the current evidence as well as individual preferences and circumstances.
- ❖ Created by a unique collaboration of child mental health professionals and academics, with input from young people who have used services.
- ❖ Published by CAMHS Evidence Based Practice Unit (University College & Anna Freud Centre) in collaboration with YoungMinds.

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