



DR DOMINIQUE THOMPSON

'How to grow a grown up - prepare your teen for the real world'

Dominique is an award winning GP, young people's mental health expert, TEDx speaker, author and educator, with over 20 years of clinical experience caring for students. She was named Bristol Healthcarr Professional of the Year in 2017. She is author of The Student Wellbeing Series (Trigger Press), a short series of guides for young people aged 16-25 about mental health, wellbeing and life at university, and co-author of How to Grow a Grown Up (PenguinRandomHouse), a book for parents, carers, teachers and anyone working with young people, about raising independent and resilient young adults ready for the challenges of the 21st century. Dom has done two TEDx talks about young people's mental health and wellbeing; 'What I learnt from 78000 GP consultations with university students' (about perfectionism, competitiveness and the pressures of being young today) and 'Understanding Why', looking at why young people self-harm. She is also a chapter author of Student Mental Health & Wellbeing in Higher Education: A practical guide (Sage). Dom is a Clinical Advisor for NICE, the Royal College of GPs, the Anorexia Bulimia Care charity, and for Student Minds, the UK's student mental health charity. Dom is lead clinical advisor for online course Being Well, Living Well produced by Epigeum (OUP).

[DistrACT app \(for self harm advice and support\) - award winning.](#)



[Student Health App](#)

