**Table 2. Transition resources for adolescents and young adults (AYA), parents, carers and wider family, school, work and wider community.**

Abbreviations: AYA: Adolescents and young adults; CBT: cognitive-behavioural therapy; HCP: Healthcare professionals.

1 The evidenced-based approach was reviewed and agreed by the Task Force members and judged in a pragmatic way into three categories with increasing level of evidence-based approach: \*moderate- some evidence-based approach noted, the resource was included because of well-rounded clinical and practical (professional) experience; \*\* good and \*\*\* very good.

2 \* User-friendliness was reviewed and agreed by the Task Force members and judged in a pragmatic way into moderate; \*\* good; \*\*\* very good. Some of the lower-rated or less user-friendly resources are shown in Table S2. All the web links provided were last accessed on 18/02/2022.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Resource** (title, reference/link, language, country, year of publication or last update) | **Type** | **Target Audience** | **1Evidence base** | **2User friendliness** | **Comments** |
| **A. General transition information and advice** | | | | | |
| **Generic transition** | | | | | |
| Ready Steady Go <https://www.readysteadygo.net/>  (English, UK, 2021) | Generic transition programme | AYA, Parents/Families | \* | \*\*\* | Holistic gradual and tailored approach to transition. Parent and patient area on website with introductory video and written information including PDFs to download about the different steps and questionnaires, including ’hello to children services’, ‘ready’, ‘steady’, ‘go’ and ’hello to adult services’. ’Easy read’ versions in other languages available (English, Dutch, Greek., French, Portuguese). |
| Got Transition  <https://www.gottransition.org/parents-caregivers/>  (English, USA, 2021) | Toolkit | AYA, Parents/Families | \* | \*\*\* | Patient and parent/caregiver website section with a range of resources in English and Spanish, including introductory information, an infographic for AYA on practical aspects of transition, frequently asked questions, guidance for AYA to set up a medical ID in their smartphone, and a family toolkit (booklet-type PDF including detailed information on practical aspects of transition, timelines, readiness assessment tools and final readiness quiz). |
| **Allergy and asthma-specific transition** | | | | | |
| Patient information leaflet ’Your transition from children’s allergy services to adult allergy services’.  <https://www.evelinalondon.nhs.uk/resources/patient-information/transition-to-adult-allergy-for-children.pdf>  (English, UK, 2021) | Patient information leaflet | AYA | \* | \*\* | Introductory information leaflet for AYA (age 13-18) with allergies on the transition process in a paediatric allergy service, including stakeholders involved, steps and milestones. |
| Children and young people’s allergy network Scotland. Young People’s Transition Pathway to Independent Self-Management of Allergies:  <https://www.cyans.scot.nhs.uk/wp-content/uploads/2019/10/Transition-allergy-pathway-v1.1.pdf?x54518>  (English, Scotland, 2019) | Pathway | Sections for AYA and Parents/Families | \* | \*\*\* | HCP Pathway for Young People's Transition for Independent Self-Management of Allergies. Focus on understanding transition. Includes bespoke areas explaining how transition works |
| EAACI Guideline  <https://patients.eaaci.org/eaaci-guideline-on-the-effective-transition-of-adolescents-and-young-adults-with-allergy-and-asthma/>  (English/French/Italian/Spanish /Portuguese/Greek/Russian/ German/Danish, Europe, 2020. | Lay guideline recommendations | AYA, Parents, caregivers | \*\*\* | \*\* | Evidence-based guideline recommendations adapted to lay language |
| **B. Comprehensive resources for specific advice on asthma and allergy** | | | | | |
| 250k Allergy Awareness Project: [https://250k.org.au](about:blank) (English, Australia, 2022) | Website | AYA | \* | \*\*\* | Specifically addressed to school-aged teens and young adults, with specific sections for each age group. Focus on food allergy, also covers hay fever, asthma and atopic eczema. Comprehensive resources including explanations, advice and top tips, illustrations and videos. Specific sections addressing food avoidance (prepacked food, eating out, dating, camping, travelling, managing anxiety), and for young adults also moving out, university, workplace, starting a family. Links to action plans for asthma (<https://d8z57tiamduo7.cloudfront.net/resources/341-NAC-Written-Asthma-Action-Plan-2015_Colour.pdf>), anaphylaxis (<https://www.allergy.org.au/hp/anaphylaxis/ascia-action-plan-for-anaphylaxis>) and atopic eczema (<https://www.allergy.org.au/images/pcc/ASCIA_Eczema_Action_Plan_2021.pdf>) suitable for AYA. Attractive and user friendly. |
| Allergy & Anaphylaxis Australia <http://www.allergyfacts.org.au/>  (English, Australia, 2022)  (some contents translated to other languages) | Website | AYA, parents, caregivers, school, work and wider community, food industry | \* | \*\*\* | Wide range of resources focused on food allergy and anaphylaxis. Written advice and videos on symptoms, diagnosis, managing reactions, living with the risk in different contexts. Includes chef card template translated to multiple languages including Spanish, Portuguese, French, German, Greek, Croatian, Russian, and many Asian Languages. Specific sections for young adults over 18 and 13-18 year olds, including advice on adapting to secondary school, travelling, dating, AAI use. Also, sections for workplace, food industry and first aid providers. Sections with lay explanations on the full range of allergic conditions, from latex allergy to eosinophilic oesophagitis. |
| Food Allergy Canada  https:/ /foodallergycanada.ca/living-with-allergies/ongoing-allergy-management/teens-and-young-adults/  (English/French, Canada, 2021) | Website | AYA, parents, caregivers, school, work and wider community | \* | \*\*\* | Focus on food allergy. Specific section for AYA covering reading labels, avoiding cross-contamination, kitchen tips, recipes and lifestyle issues such as dating, partying and eating out. Attractive and accessible. Advice for high school, workplace, moving out and other environments such as holidays and travelling. |
| Food Allergy Research & Education (FARE)  <https://www.foodallergy.org/> (English/Spanish, USA, 2022) | Website | AYA, parents, caregivers, school, work and wider community | \* | \*\*\* | Focus on food allergy. Resources can be searched/filtered by audience (e.g. ‘adolescents’, or ‘college staff’), food allergen and type of resource. Includes toolkits, insights, research and practical tips, covering avoiding allergens and daily life issues such as reading labels, cross-contamination, shopping, cooking and cleaning safely, recipes, relationships and dating, eating out, travelling and preparing for college. Offers virtual talks for AYA with food allergy willing to connect with peers. |
| Asthma + Lung UK <https://www.asthma.org.uk/> (English, UK, 2022) | Website | AYA, parents, caregivers, school staff. | \* | \*\*\* | Focused on asthma. Covers medical facts, including understanding asthma, triggers, attacks and practical management aspects such as information on medications, asthma plans and practical videos on how to use a wide range of inhalers. |
| Nottingham Support Group for Carers of Children with (Atopic) Eczema  <http://www.nottinghameczema.org.uk/information/index.aspx>  (English, USA, 2022) | Website | Parents, caregivers, AYA | \* | \*\* | Addressed to parents of children with atopic eczema. Detailed info leaflets on multiple areas, including understanding eczema, triggers and management including advanced strategies such as wet wraps. Many leaflets are relevant for AYA, particularly those on teenage eczema, eczema and bullying, stress, holidays, travelling or exercise. |
| Allergy UK: [http://www.allergyuk.org/](about:blank) (English, UK, 2022) | Website | AYA, parents, caregivers, school, work and wider community | \* | \*\*\* | Not AYA specific. Comprehensive resources on a wide range of allergic conditions from hay fever to food or venom allergy. Includes factsheets (downloadable pdf) on multiple practical management aspects such as avoidance of environmental or food allergen, food and symptoms diary and how to complete it, advice on shopping and cooking for a restricted diet, allergy recipes and patients’ testimonials. Attractive and user friendly. |
| **C. Travel** |  |  |  |  |  |
| 250K – A youth allergy awareness project by the National Allergy Strategy  <https://teen.250k.org.au/travelling-with-a-food-allergy/>  (English, Australia, 2022) | Webpage | AYA | \* | \*\*\* | As above. Includes advice, videos and patient stories on travelling with food allergy. Includes links to Allergy & Anaphylaxis Australia travel information, translated chef cards, and ASCIA travel plan and checklists/help sheets, as well as link to websites offering translated information such as: <https://www.allergytranslation.com> , <https://www.selectwisely.com> and <https://dietarycard.com> |
| Anaphylaxis Campaign  <https://www.anaphylaxis.org.uk/living-with-anaphylaxis/travelling/>  (English, UK, 2022) | Webpage | AYA, parents, caregivers | \* | \*\*\* | As above. Includes free-download printable resources on: Preparing to Travel, Booking the flight, Airline Allergy Policies, Travel Insurance, Checklist for the flight day, Eating Out with food allergy when abroad. Includes link to websites that offer a free translation dictionary for over 200 allergy-related words in all European national |
| Food Allergy Research & Education (FARE)  (1)<https://www.foodallergy.org/resources/traveling-teen>  (2)<https://www.foodallergy.org/resources?_limit=12&_page=1&type=14>  (English, USA, 2022) | Webpage | AYA | \* | \*\* | As above. (1) Advice for AYA with food allergy or anaphylaxis on School Trips and Travel Abroad. (2) Advice before Airline/International travels. Includes free-download printable resources on checklist to remember before traveling and helpful travel tip sheets specific for some countries (Australia, Brazil, Canada, Germany, Hong Kong, Israel, Italy, Japan, Mexico, New Zealand, Spain, United Kingdom, United States). |
| **D. Career and work advice** | | | | | |
| Allergic Living  <https://www.allergicliving.com/2018/05/15/allergies-and-summer-jobs-tips-for-teenagers-hunting-for-work/>  (English, USA, 2022)<https://acaai.org/news/back-school-year-far-back-normal-kids-allergies-and-asthma> | Webpage article | AYA, parents/caregivers. | \* | \*\* | Advice and patient stories for AYA with asthma and allergy planning for Summer jobs. |
| Health & Safety Authority  <https://www.hsa.ie/eng/Workplace_Health/Occupational_Asthma_and_Dermatitis/Occupational_Asthma_Frequently_Asked_Questions/>  (English, Ireland, 2022)<https://acaai.org/news/back-school-year-far-back-normal-kids-allergies-and-asthma> | Webpage | Not specific | \*\* | \*\* | Information on asthma, work-related asthma and occupational asthma, triggers, rights and advice for workers and employers. |
| 250K – A youth allergy awareness project by the National Allergy Strategy  <https://ya.250k.org.au/food-allergies-and-the-workplace/>  (English, Australia, 2022) <https://acaai.org/news/back-school-year-far-back-normal-kids-allergies-and-asthma> | Webpage | AYA | \* | \*\*\* | Advice for AYA with food allergy through their first job experiences |
| Food Allergy Canada  <https://foodallergycanada.ca/living-with-allergies/ongoing-allergy-management/adults-with-allergies/workplace/>  (English, Canada, 2022) | Webpage | AYA | \* | \*\* | Advice for young adults with food allergy at the workplace. |
| **E. Resources for Psychological support** | | | | | |
| **Generic resources for psychological support** | | | | | |
| ‘Young minds’ Charity  <https://www.youngminds.org.uk/>  (English, UK, 2022) |  | AYA, parents, friends, schools, youth workers | \* | \*\*\* | Generic information and practical advice on mental health issues (depression, anxiety, anger, suicidal ideation) including how to start a conversation and support to AYA. Sections for AYA, parents, friends, HCP and schools. Links to parents’ helpline, links and support for AYA needing urgent help, and information on how public mental health services work in the UK. Training, consultancy and posters for schools to improve pupils’ wellbeing. |
| ‘Mind’ Charity  https://www.mind.org.uk/information-support/for-children-and-young-people/  (English, UK, 2022) |  | AYA, parents, friends/partners | \* | \*\* | Generic information and practical advice on mental health. Sections for AYA, parents and friends/partner. Links to useful contacts, including charities on anxiety or eating disorders, and partner initiatives such as ‘Mental Health at Work’ to support employers and organisations foster wellbeing amongst employees, and ‘SidebySide’ an online mental health peer support initiative. |
| ‘SilverCloud’  <https://www.silvercloudhealth.com/uk/digital-mental-health-support-to-young-people>  (English, UK, 2022) | Online CBT-based self-help mental health support programme | AYA, parents/carers | \*\*\* CBT as a therapy has a good evidence base) | \*\* | Digital mental health self-help support programme offered to healthcare providers and higher education institutions which may choose to fund this for their patients/students. Aims to help AYA better understand and manage their emotions and feelings. The modules are based on CBT principles. Evidence on cost-effectiveness. Programmes available in a range of areas including ‘Children and Adolescents’ (focused on anxiety), Higher Education (depression, anxiety, stress, resilience and body image), and non-AYA specific areas such as Wellbeing, Mental Health and Chronic health. |
| ‘Online-therapy.com’  [www.Online-therapy.com](http://www.Online-therapy.com)  (English, worldwide, 2022) | An online-based team of consultant therapists, cognitive behavioural therapists, practitioners and support staff | AYA, parents | \*\*\* CBT as a therapy has a good evidence base | \*\* | Company offering a mental health support programme based on CBT. Includes an online toolbox and regular communication with a therapist for a monthly subscription fee. Yoga and meditation videos available for fee on the website. World-wide reach. |
| ‘Beating the Blues’  [www.Beatingtheblues.co.uk](http://www.Beatingtheblues.co.uk)  (English, UK, 2022) | Online CBT-based programme | Parents | \*\*\* CBT as a therapy has a good evidence base | \*\* | Online Cognitive Behavioural Therapy (CBT) programme for people experiencing mild to moderate depression and/or anxiety. The 8-12 weeks programme consists of eight, one-hour sessions completed weekly. Single fee for the entire programme. Small fee for UK Primary Care services to offer the programme to patients for free. Evidence on cost-effectiveness. Recommended by the UK National Institute for Care Excellence. Worldwide reach. |
| ‘Moodgym’  [www.Moodgym.au](http://www.Moodgym.au)  (English, Australia, 2022) | Online CBT based independent resource | AYA, Parents | \*\*\* CBT as a therapy has a good evidence base | \*\* | Online interactive self-help programme aiming to help people learn and practise skills to prevent and manage depression and anxiety, for instance by helping identify problem emotions and developing good coping skills. Includes 5 interactive modules (feelings, thoughts, unwarping, destressing and relationships) with information, exercises, a workbook and feedback. Developed and delivered by the Australian National University. Evidence based. Worldwide reach. Fee for 1 year access. |
| Living Life to the Full (young people section)  [www.Llttfyp.com](http://www.Llttfyp.com)  (English, UK, 2022) | Online self-help life skills training package based on a CBT approach | AYA, Parents | \*\*\* CBT as a therapy has a good evidence base | \*\* | ‘Online life skills for everyone’. Specific section for AYA (young people, parents, teachers and other staff). Includes online books, worksheets, and a complete online course addressing stress and low mood. Evidence-based. Website addressed to adults of all ages (https://llttf.com/ ) offers a wider range of resources, including online courses covering low mood, stress and resilience. The online courses ‘are free for individuals using them in their own lives’. |
| **Allergy and asthma-specific resources for psychological support** | | | | | |
| ‘Asthma + Lung UK’ charity  <https://www.asthma.org.uk/advice/triggers/> (2020)  <https://www.asthma.org.uk/advice/manage-your-asthma/emotional-support/anxiety/> (2019)  (English, UK, 2022) | Webpage | AYA, parents | \* | \*\* | Information and advice on emotions, depression, anxiety and stress for people (including young adults) with asthma. |
| Healthtalk.org  [https://healthtalk.org/eczema/emotions-and-having-eczema - 2017](https://healthtalk.org/eczema/emotions-and-having-eczema%20-%202017)  https://healthtalk.org/eczema/emotions-and-support-for-eczema-at-schooluniversity  (English, UK, 2021) | Webpage | AYA | \* | \*\* | Run by the Dipex Charity, healthtalk.org focuses on what it’s like to live with a health condition by watching other people share their stories. Stories are collected by academic researchers from patient interviews. Includes information and advice on how to cope with negative emotions related to having atopic eczema during teen years, with AYA patients’ video testimonials and quotes. Specific section on support for school and university. |
| National Eczema Association  <https://nationaleczema.org/eczema-teen-advice/>  (English, UA, 2021) | Webpage article | AYA | \* | \* | Information and advice on how to cope with atopic eczema during teen years, mainly through AYA patients’ testimonials (quotes) |
| Food Allergy Research and Education (FARE)  <https://www.foodallergy.org/resources/food-allergy-anxiety>  <https://www.foodallergy.org/resources/bullying>  (English, US, 2022) | Webpage article | AYA | \* | \*\* | Patient stories about their anxiety and bullying issues living with food allergy, and what helps them cope better. Includes links to a ‘Teen food allergy support group’. |
| Patient voices – ‘Terrific teens’ <https://www.patientvoices.org.uk/terrificteens.htm>  (English, UK, 2017) | Webpage | AYA, parents | \* | \*\* | Reflective digital stories created to explore the experiences of teenagers and their families living with a range of complex and life-threatening allergies. |
| **F. School advice** | | | | | |
| Anaphylaxis Campaign, ‘Making Schools Safer’ Project.  <https://www.anaphylaxis.org.uk/campaigning/making-schools-safer-project/>  (English, UK, 2022) | Webpage | AYA, parents | \*\*\* | \*\*\* | Focus on food allergy and anaphylaxis. Comprehensive list of resources for schools, including primary and secondary schools allergy awareness packs, pupils healthcare plans, management of allergic reactions (with link to useful and attractive website [www.sparepensinschools.uk](https://www.sparepensinschools.uk/)), staff allergy and anaphylaxis first aid training, national (children) action plans, allergy bullying and FAQ. |
| Asthma Initiative of Michigan (AIM)  <https://getasthmahelp.org/schools-main.aspx>  (English, USA, 2022) | Webpage | Parent, AYA, school staff | \*\* | \*\*\* | Focus on asthma and the role of schools in helping children and AYA with asthma (‘asthma friendly schools). Range of resources including information on emergency asthma management and proper inhaler use, school-based asthma management programmes and healthy school environments. |
| AllergyHome  <https://www.allergyhome.org/resources/resources-nurses-educators-schools-camps/>  (English/Spanish, USA, 2022) | Webpage | Caregivers, other parents | \* | \*\*\* | Resources to improve awareness on food allergy amongst nurses, school/camps staff and other parents. Includes a 30min training module and quiz for school staff, short videos for parents and children without food allergies, general information on food allergy and printable posters/tables. Some resources available in Spanish. |
| Food Allergy & Anaphylaxis Connection Team (FAACT)  <https://FoodAllergyAwareness.org>  (English, USA, 2022) | Webpage | AYA, parents, caregivers, school community | \* | \*\*\* | Resources for education and support on food allergy for school staff, peer students and other parents. Includes [School Programs for School Personnel](https://www.foodallergyawareness.org/media/education/FAACT%20School%20Programs_04.2021.pdf), [Food Allergy School Letter to Parents](https://www.foodallergyawareness.org/media/educators-resources/Food%20Allergy%20School%20Letter%20to%20Parents.pdf) and [School Lunchroom Poster](https://www.foodallergyawareness.org/media/education/School%20Food%20Allergy%20Lunchroom%20Poster_01.2022(1).pdf). |
| Allergy & Asthma Network  https://allergyasthmanetwork.org/allergies-and-asthma-at-school/[https://allergyasthmanetwork.org/](https://allergyasthmanetwork.org)  (English/Spanish, USA, 2022) | Webpage | Parents, caregivers | \* | \*\* | Focus on asthma and food allergy, not AYA-specific. Information, advice and free-download printable documents including a checklist to go back to school, individual healthcare plan, emergency plan and posters on asthma and allergic reactions symptoms, and when to stay at home due to asthma. Some resources available in Spanish. |
| **G. Resources in other Languages** | | | | | |
| EAACI resources for patients: [https://patients.eaaci.org/eaaci-member-patient-organisations/](about:blank) (English/other languages, European-international, 2022) | Portal | AYA, parents, caregivers, schools, other stakeholders | \*\* | \*\*\* | Useful links for country specific websites under ”Patients Organization”. Every patient organization has its own resources in local language and some of them also translated to English. Includes patients testimonials. |
| European Federation of Allergy and Airways Diseases Patients’ Associations (EFA): [http://www.efanet.org/](about:blank) (English/other languages, European-international, 2022) | Portal | AYA, parents, caregivers, schools, other stakeholders | \*\* | \*\* | ‘Prevent’ section includes information on food labelling tobacco smoking, air quality, chemicals and inequalities. Translated into 46 languages, including all European Languages. |