Therapeutic game app for children aged 7-11 to help self-manage worries and build resilience. Click here

Helping support navigating tricky emotions and social situations for children aged 5-11. Click here

Bereavement support for both children and families:

Winston's Wish

Touchetones

Child bereavement

Parent guidance for helping support children when going through a separation/divorce:

CAFCASS - Supporting your child

Gingerbread - Managing separation

Useful links and websites to help provide support for parents & carers

Supporting families with mental health. Click here

Social, Emotional and Mental Health parent questionnaire in order to help provide strategies for behaviours, self-esteem or sensory needs. Click here

Parent guidance for helping support children with phobias. Click here

Parent guidance for helping support children with eating disorders:

Yippy - Anorexia and bulimia care