








Emotional Health & Wellbeing

If you need to speak to a member of staff at school about your child's Emotional Health and Wellbeing, please email Mrs Dommett on lorna.dommett@stfrancis.surrey.sch.uk

Please see the links below to some websites you may find helpful.

Service	Website
	<ul style="list-style-type: none"> • Online support service • Develop confidence, resilience and wellbeing • Mental health support and advice • Games and Quiz's • Inspiring videos and recourses • Log on to: ZUMOS.co.uk every child has a login, please ask if your child does not know theirs.
	<p>https://www.kooth.com/</p> <p>Free, safe and anonymous online support for young people</p>
	<p>https://www.childline.org.uk/</p> <p>Call 0800 1111 - A free point of contact for children and young people who need advice either online or via telephone on a wide range of issues, depressions, abuse bullying etc</p>
	<p>https://www.nspcc.org.uk/</p> <p>NSPCC (National Society for the Prevention of Cruelty to Children) Keeping children and young people safe from a wide range of abusive situations</p>

	<p>https://www.mind.org.uk/information-support/</p> <p>Mental Health Support 0300 123 3393 Text: 86463</p>
	<p>https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/</p> <p>Mental health services are free on the NHS. Click here to find out more about the services available to you.</p>
	<p>https://www.mindworks-surrey.org/</p> <p>Emotional wellbeing and mental health services for children and young people, including the CAMHS service, now known as Intensive Interventions.</p>

Books that may help to understand or support your child's needs.

Can I tell you about Asperger Syndrome? Jude Welton

Kids with Autistic Spectrum Disorders, Elizabeth Verdick and Elizabeth Reeve, MD

The ASD Workbook, Understanding your Autistic Spectrum Disorder

With The Light: Raising an Autistic Child, Keiko Tobe

Freaks, Geeks and Asperger Syndrome, Luke Jackson

How to be yourself in a world that's different, Yuko Yoshida

The Reason I Jump, Naoki Higashida

The Whole-Brain Child (and Workbook), Dr Daniel Siegel and Dr Tina Bryson

The Asperkid's Secret Book of Social Rules, Jennifer Cook O'Toole

Revealing the Hidden Social Code, Marie Howley and Eileen Arnold

Can I tell you about Anxiety? Lucy Willets and Polly Waite

Little Book series: The Little Book of Exam Skills Kate Brookes; **The Little Book of Exam Calm**, Anita Naik

Starving the Anxiety Gremlin, Kate Collins-Donnelly

'Live Out Loud' and 'It's all in the mind, Don't Sweat the small stuff', Marilyn Tucknot, publisher Koa Ltd

Thinking About You, Thinking About Me, Michelle Garcia Winner

Helping Your Child with Fears and Worries by Cathy Creswell

What to do when you worry too much by Dawn Huebner

Facing Mighty Fears About Making Mistakes by Dawn Huebner

Facing Mighty Fears About Trying New Things by Dawn Huebner

What To Do When Your Temper Flares: by Dawn Huebner