



Community Services: Education

Educational Psychology Service



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[Children's Mental Health Week](#)

[School Accommodations to Assist Anxious Children \(Worry Wise Kids\)](#)

[Strategies to Support Anxious Children in the Classroom \(WayAhead\)](#)

[What is Anxiety? \(Anxiety BC\)](#)

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[Emotions and the Brain](#)

[Internal Struggles by Dr. Russ Harris](#)

[The Struggle Switch by Dr Russ Harris](#)

[Living Life to the Full](#)

[Samaritans, DEAL: Developing Emotional Awareness and Listening](#)

[Dealing with Depression](#)

[Wellbeing Workbooks - University of Exeter](#)

[YoungMinds](#)

[Dove Self Esteem Project](#)

[Mindfulness Brain Hand Model Dan Siegel Empathy and Cognition](#)

[Attachment Matters for All \(CELCIS\)](#)

[Attunement Principles - Observation checklist](#)

[How Nurturing is my Classroom? \(East Renfrewshire Council\)](#)

[Applying Nurture As A Whole School Approach \(Education Scotland\)](#)

[Nurture Groups: A Handbook for Schools \(Welsh Government\)](#)

[The Nurture Room Film . Support Material \(The Nurture Group Network\)](#)

[What is meant by PACE? \(DDP Network\)](#)

[The Nurture Room Film](#)

[Nurture UK](#)

[Nurture Group Network](#)

[Beacon House Resources](#)

[Polishing the Diamonds: Addressing Adverse Childhood Experiences in Scotland \(ScotPHN\)](#)

[Helping Traumatized Children \(Child Trauma Academy\)](#)

[Nurture, Adverse Childhood Experiences and Trauma informed practice: Making links \(Education Scotland\)](#)

[Trauma Responsive Education - Making SPACE for learning](#)

Helping children and young people to cope with trauma (South Lanarkshire Council)

Trauma and the Brain: Understanding abuse survivors responses

[After someone dies](#) (Cruse Bereavement Care)

[Caring for kids after trauma and death](#) (New York University)

[A Whole School Approach to Supporting Loss and Bereavement](#) (NHS Greater Glasgow)

[Teenage Grief](#) (Childhood Bereavement Network)

[Top 10 List of Helping Grieving Children & Teens](#) (Cruse Bereavement Care)

[Child Bereavement UK](#)

Child Bereavement UK . <https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

Cruse Bereavement UK . <http://crusescotland.org.uk/>

Winston Wish . <https://www.winstonswish.org/>

British Heart Foundation - <https://www.bhf.org.uk/information-support/support/health-and-emotional-support/telling-your-children>

[13 Reasons Why Toolkit: Guidance for Educators](#)

13 Reasons

Why

[Self-Harm \(NHS\)](#)

[No Harm Done: Recognising and responding to self-harm \(YoungMinds\)](#)

[School-based Suicide Prevention, Intervention and Postvention \(Euregenas\)](#)

[On-Edge: Lesson plans for identifying difficult feelings and understanding self-harm \(See Me Scotland link\)](#)

[Preventing and responding to suicide: Resource kit for schools \(New Zealand Government\)](#)

[The truth about self-harm \(Mental Health Foundation\)](#)

Hands On Scotland - <http://www.handsonscotland.co.uk/self-harm/>

Royal College of Psychiatrists -
<https://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/self-harm.aspx>

