



www.reachoutasc.com

Resources and links: Mental Health and Special Educational Needs and Disabilities:

Young Minds www.youngminds.org.uk, for advice on mental health for young people particularly http://www.youngminds.org.uk/training_services/training_and_consultancy/resources/schools/1775_children_young_people_with_learning_disabilities

OCD Action www.ocdaction.org.uk, for OCD information and support

FREE PUBLICATION - Autism and Mental Health

<http://www.cheshireautism.org.uk/media/3316/NAS%20You%20Need%20To%20Know%20Mental%20Health.pdf>

FREE PUBLICATION - Mental Health and Behaviour

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/508847/Mental_Health_and_Behaviour_-_advice_for_Schools_160316.pdf

FREE PUBLICATIONS - Autism and Mental Health

<http://network.autism.org.uk/sites/default/files/ckeditor/files/Emotional%20wellbeing%20and%20Mental%20Health%20in%20Young%20People%20with%20ASD%20FINAL.pdf>

General Mental Health Teaching Advice and Support

Things to consider before teaching about mental health - handy guide.

<http://www.inourhands.com/mental-health/online-learning-session-2/>

TES articles

<https://www.tes.com/news/school-news/breaking-views/send-focus-why-we-must-all-be-champions-good-mental-health>

<https://www.tes.com/news/school-news/breaking-views/your-mental-health-will-fluctuate-throughout-your-life-because-you>

Natasha Devon - ex- Mental Health Champion (also writes for the TES)

<https://thetruthandagoodstory.wordpress.com>

About suicide prevention <https://www.papyrus-uk.org/#>

(secondary

<https://www.mind.org.uk/media/3120340/autism-guide-web-version.pdf>

(Secondary) positive ways to help a young person accept their autism
<http://autism.baydakh.com/index.php/2016/02/08/how-to-accept-your-autism/>

Organisations that help families

<http://www.cafamily.org.uk>

http://www.barnardos.org.uk/what_we_do/our_work/mental_health.htm

<http://www.scope.org.uk/Support/Families/Diagnosis/Learning-difficulties/Mental-health>

Practical ideas and resources for schools

*** <http://emotionworks.org.uk>

<https://mindfulnessinschools.org>

<http://teachlearncreate.com/category/emotional-wellbeing/>

<http://do2learn.com/organizationtools/EmotionsColorWheel/overview.htm>

<http://www.gozen.com/blog/>

<http://www.youngminds.org.uk/assets/0001/0610/children-and-young-people.pdf>

Teacher well-being

www.martynreah.wordpress.com/2014/12/06/teacher5aday/

Twitter - Recommended to follow

@reachoutASC - Lynn McCann - all things autism

@NancyGedge - SEND tweeter

@CherrylKd / @SENexchange - SEND tweeter

@BehaviourTeach - SEND and behaviour tweeter

@jo3grace - PMLD/SEND/Sensory tweeter

@PookyH - Dr Pooky Knightsbridge Mental Health specialist

@Markfinnis - Restorative Practice

@musicmind - emotional wellbeing tweeter

@NatashaDevonMBE - ex-MH government guru!