**Social, emotional and well-being** (anxiety, depression, ADHD, attachment, mental health conditions.)

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**Some Useful Websites**

Calming meditations to support with feelings of anxiety - <https://blog.calm.com/take-a-deep-breath>

A selection of resources collated by CAMHS <https://www.camhs-resources.co.uk/>

Anna Freud parent web link – mental health provision - <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Online parent seminars for SEMH - <https://beaconhouse.org.uk/training/>