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# Social, emotional and mental health - resources

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## Training videos

[Developing an awareness of sensory processing difficulties \(August 2021\)](#)

[Language for Behaviour and Emotions](#)

[Accessibility features in Microsoft 365](#)

## Useful links

[Spotlight on Social and Emotional Wellbeing: A Routledge and nasen FreeBook](#)

[Mental health and behaviour in schools](#). Updated advice to help schools to identify pupils whose behaviour may be a result of an underlying mental health difficulty, and direct them towards information about how they can adapt their approaches to support these pupils with their individual needs, within the context of an approach that is based on clear expectation of behaviour.

[nurtureuk | An inclusive education for all](#)

[Ollee – a virtual friend | Parent Zone](#) - Meet Ollee - 8-11 year olds

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[Connect with Respect - Fylde Coast Women's Aid - FCWA](#) - dealing with child on parent aggression

[App | New Horizon - Meditation & Sleep Stories \(newhorizonholisticcentre.co.uk\)](#) - support for young children who struggle to sleep

[Home - Teen Sleep Hub](#) - support for teens who struggle to sleep

[Home - Calm Harm App](#) - Support for children who self-harm

[distrACT app - NHS \(www.nhs.uk\)](#) - support for children who self-harm and have suicidal thoughts

[Helping someone else | Mind, the mental health charity - help for mental health problems](#)

[ADHD Kids: Advice, support and coaching for parents of kids with ADHD](#)

[Resources | Tictock Therapy](#) - resources for children encountering tics and tourettes

[Kooth](#)– Free, safe and anonymous online support for young people

[Papryus - prevention of young suicide](#)

[Children's mental health week website](#) – Download assemblies and activities for mental health week. · Free materials to help start conversations with young people

[Mentally healthy schools website](#) – Quality assured information, advice and resources to help primary schools understand and promote

mental health and wellbeing.

[Beat](#) – Beat is the UK’s leading charity supporting anyone affected by eating disorders, anorexia, bulimia, EDNOS or any other difficulties with food, weight and shape.

[Anna Freud National Centre for Children and Families](#)

[The Thrive Approach to social and emotional wellbeing](#)

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Municipal Buildings  
Corporation Street  
Blackpool  
FY1 1NF

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