

Useful websites and information for schools:

<https://www.bma.org.uk/advice/employment/gp-practices/service-provision/supporting-pupils-at-school>

<https://local.kent.gov.uk/kb5/kent/directory/home.page>

<https://www.mentalhealth.org.uk/learning-disabilities/our-work/employment-education/friends-for-life>

WWW.complexneeds.org.uk

WWW.engagement4learning.com

WWW.nofas-uk.org

WWW.mentalhealth.org.uk

WWW.schoollink.chw.edu.au

WWW.youngminds.org.uk

WWW.booksbeyondwords.co.uk

WWW.widgit.com

WWW.butterflyprint.co.uk

WWW.autismeye.com

WWW.nurturegroups.org

WWW.attachmentawareschools.com

WWW.emotioncoachinguk.com

[http:// WWW.early-inclusion.eu](http://WWW.early-inclusion.eu)

WWW.rarechromo.org.uk

<http://WWW.aetraininghubs.org.uk> (Autism Education Trust)

WWW.adhdfoundation.org.uk

WWW.evidenceforlearning.net

WWW.winstonwish.org

<http://hintonpublishers.com/>

WWW.autism.org.uk

WWW.pretermbirth.info

WWW.sebda.org

<https://www.headstartkent.org.uk/schools-and-practitioners/resilience-toolkit#accordion-1>

<https://copingskillsforkids.com/calming-anxiety>

<https://www.annafreud.org/on-my-mind/self-care/distraction-techniques/>

<https://www.beautyafterbruises.org/blog/distraction101>

<https://www.mind.org.uk/information-support/your-stories/tackling-negative-thoughts-with-distraction/>

<https://www.verywellmind.com/coping-with-emotions-with-distraction-2797606>

<https://papyrus-uk.org/wp-content/uploads/2018/09/Resources-Distraction-Techniques-Comms-Edit.pdf>