

SEND Reading Resources

Gov.uk

- SEND code of practice: 0 to 25 years
- SEND: guide for schools and alternative provision settings
- P scales: attainment targets for pupils with SEN
- Inclusion development programme: supporting pupils on the autism spectrum

Young Minds

- Anger issues
- Coping with pressure at school
- Depression
- Eating problems and eating disorders
- Mental illness in your family
- Self-harm
- Sexual abuse
- Eating problems and your child
- Depression and your child
- Bullying
- Young minds matter

ADHD Foundation

- What is ADHD?
- What is ASC?
- ADHD Fact Sheet
- What is Attachment?
- ADHD and Comorbid Conditions
- What is Dyspraxia?
- Recognising Anxiety and Stress Reduction Strategies
- About ADHD: A guide for young people
- About ADHD: A guide for parents and carers
- ADHD Warning Signs
- Teaching and Managing Students with ADHD
- Primary School Classroom Strategies
- Secondary School Classroom Strategies
- Time To Pay Attention

NSPCC

- Supporting children with special educational needs and disabilities
- Coronavirus (COVID-19) advice
- Types of abuse
- Spotting the signs of child abuse

- Effects of child abuse
- Reporting abuse

Mentally Healthy Schools ([links to external resources](#))

- Factsheet on children with a general learning disability

Transition

- Transition to secondary school
- Managing a child's return to school after a period of absence
- Moving on to secondary school with SEN
- Moving on to secondary school
- What a good transition process from primary to secondary looks like – five simple steps
- Transitioning from primary to secondary school

Attachment

- Attachment
- Attachment and schools
- Attachment strategies in the classroom

ADD/ADHD

- Managing a child with ADD/ADHD

Mental Health

- Self-harm: guide for parents and carers
- How schools can support children who self-harm
- Anxiety resources
- Managing anger and other emotions
- Childline: depression and feeling sad
- Childline: Living with a disability
- Help during emotional times
- Managing urges to self-harm

Pastoral

- Building resilience
- Guide for teachers engaging with parents
- Six recommendations for improving behaviour in schools
- 10 tips for teaching and support staff
- Talking to parents when a child is struggling
- News article: How schools can support looked after children
- Guidance on education of looked-after children
- Children in care: Emotional wellbeing and mental health
- When a child discloses abuse

Mind

- Anger
- Anxiety and panic attacks
- Depression
- Mental health problems – an introduction
- Online mental health
- How to manage stress
- Self-esteem

National Autistic Society

- Challenging behaviour

Mental Health Foundation

- How to look after your mental health
- How to support mental health at work
- How to manage and reduce stress
- How to overcome fear and anxiety
- How to look after your mental health using mindfulness
- How to look after your mental health using exercise
- The truth about self-harm
- Make it Count: Guide for pupils
- Make it Count: Guide for teachers
- Poverty and mental health

Anna Freud – National Centre for Children and Families

COVID 19

- Advice for schools and colleges
- Supporting schools and colleges
- Looking after each other and ourselves
- Supporting the most vulnerable children and young people
- Helping children and young people to manage anxiety

Booklets

- Understanding Referrals
- Helping Someone Else
- Lingo
- Seasonal Self-Care survival kit

Other Resources

- Self-care
- Shared Decision Making?
- Know your rights
- On my mind resources

Special Needs Jungle

- Free Legal Advocacy

- Free Send & Health Resources
- Free Send Advice / Support
- SEND BOOKS

Time to Change

- Mental health resources for teachers
- Bring Time to Change to your workplace