



Psychology

> PSYCHOLOGY

What is Psychology?

Sometimes it can be difficult to express exactly what psychologists do. Simply put, they study the processes that contribute to behaviour. This can include mental health, learning and memory, development, emotional regulation, biological factors, social and cultural factors and environmental influences.

Psychologists can help kids learn about emotions, help them understand themselves and others, assess cognition, develop social skills, process things that may have happened, including trauma, and support children and families to be the best they can be.

Information on Psychology is listed below. You can also read the top 5 questions psychologists get asked [here.](#)



Ready to find out more?

Click here for our FREE information sheet for parents on Psychology!!

[Click Here](#)

Australian Childhood Foundation

Why we love it ♥

A great website with lots resources about trauma, parenting and how to make room for learning – one I use a lot – very easy and user friendly to use!

Who's it best for ??

Parents, and Therapists, Teachers

Cost £ \$ €

FREE

⇒ **Where to get it?**

Click on the image to be taken their website directly!

**Australian
Childhood
Foundation**

Kids Matter

Why we love it ♥

This website is great! With loads of great information and resources for kids experiencing mental ill health.

Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

Cost £ \$ €

FREE

⇒ **Where to get it?**

Click on the image to be taken their website directly!



