

Mental Health

> MENTAL HEALTH

Why is it important and how can we promote good mental health?

Mental health is so so important! Please make sure you take care of yourself and those around you!

Some more information on mental health is listed below. You can also check out our blog post on [how using sensory processing can help mental health here!](#)



Action Heros

Why we love it ♥

This is a great website focused on Acceptance and Commitment Therapy aimed at children!

This is a great program designed by a Clinical Psychologist to develop and teach resilience skills to children! A great resource to be aware of!

Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

Cost £ \$ €

About \$40

⇒ **Where to get it?**

Click on the image to be taken their website directly!



Instant Help Books

Why we love it ♥

We LOVE LOVE LOVE these instant help books!! We have worked through some of these ourselves and with clients! We love the 'I bet I won't fret' and 'I'm not bad, just mad' books!

These resources can be used together as a whole workbook or pulling out specific pages as needed. There are loads for teens and adults too!

Who's it best for ??

Parents, and Therapists and Teens

Cost £ \$ €

Depends which one you get – starts at about \$15

⇒ **Where to get it?**

Click on the image to order directly through our Affiliate Amazon Link!



Childs Work Childs Play – Emotions and Feelings Store

Why we love it ♥

This is more shop rather than a website resource – thought we've included it as we love how many great resources there are here and what is available out there!

Who's it best for ??

Parents, and Therapists, Teachers, Support Workers

Cost £ \$ €

Depends on what you purchase from them.

⇒ Where to get it?

Click on the image to be taken their website directly!



Beyond Blue

Why we love it ♥

A great website and service – how could we not include Beyond Blue! It is one of the major mental health charities in Australia and does amazing work!

This is the link to their 'What is Mental Health page'.

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!



Mind

Why we love it ♥

A great website to be aware of –

“We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won’t give up until everyone experiencing a mental health problem gets support and respect.”

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!



BEAT

Why we love it ♥

A great website for anything and everything relating to eating disorders.

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!

