

## ND Resources

### **The Yard Charity / EDAN hub**

The Yard Charity and EDAN hub are a partnership from Tailor Ed, Barnardo's and Autism Initiatives, working together with oversight from NHS CAMHS colleagues to provide services to support the mental health and wellbeing of children and young people in Edinburgh who are neurodivergent.



### **EPIC Resources**

Created by The University of Edinburgh, provides strategies for young people at school and at home.



### **Tools and Strategies to Support Kids**

TASSK is a pre-recorded online Occupational Therapy led workshop. The webinar aims to educate families and provide information, evidence informed and child centred approaches for children or young people who may struggle with some of the following: emotional regulation, attention, transitions, sensory difficulties, relationships, structure and routine.



### **Regulated and Ready to Learn**

NHS Fife CAMHS has developed a helpful resource for parents and teachers which includes information and strategies on supporting a child with recognising and regulating their emotions.

