

SELF HELP RESOURCES & INFORMATION

Do you tend to overthink things and see the bad before the good?

As a parent, do meltdowns from your children exhaust you?

Do you over criticise yourself with mistakes and put yourself down?

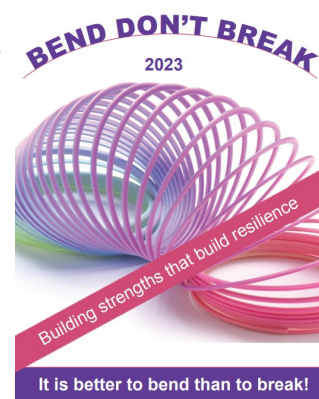
Sound familiar? Then the resources below may be helpful for you . Getting support at an early stage is always a good idea.

ASCERT, the South Eastern and Western Health and Social Care Trusts have been working together to bring support to people at a much earlier stage. We have created 3 on- line self-help resources to help people work on these common things that we all have at times.

Free Self Help Workbooks

Workbooks that can be downloaded along with and visual clips that guide the viewer through the workbooks at their own pace They are all free. All we ask is if you make use of them use the evaluation link on each on to tell us in they have been helpful.

- [Self Compassion to Improve Wellbeing and Support Growth](#)
- [Bend Don't Break](#): Low intensity CBT based self-help to support resilience
- [Building our Children's Developing Brain](#): for parents to help build their children's emotional regulation



Online Workshops

On- line workshops on Zoom between September 2023 and March 2024 will be held to create interactive ways to see what is in each resource and make use of them. Use the links below to register for September workshops:

[Self Compassion](#) Tuesday 19 September 2023 10:00 - 13:00

[Bend don't break](#) Tuesday 12 September 2023 10:00 - 13:00

[Building our Children's developing brain](#) Tuesday 26 September 2023 10:00 - 13:00

For details of sessions from October 2023 to March 2024 see the training brochure from the Western Trust [here](#)