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Promoting resilience and emotional well
being of children, young people and families.



COVID-19 Update
Resources and Support for Children, Young People, Parents and Families
Updated 21/05/2020

In light of the current situation with Covid-19, I am committed to continuing to provide Clinical Psychology Services.

At this stage, all sessions are being conducted online. As the lockdown begins to ease, I am reviewing how the practice and contact can adapt whilst ensuring a safe environment. Until this is resolved, I continue to provide a service online and can tailor the sessions to suit what is most comfortable for you via telephone, video and email consultations.

Please do not hesitate to contact me for further information.

Useful Resources and Support for Children, Young People, Parents and Families during Covid-19

Anna Freud Centre - Supporting Young People's Mental Health during periods of disruption
<https://www.annafreud.org/coronavirus-suppot/coronavirus/>

Childline - <https://www.childline.org.uk/toolbox/calm-zone/>

Mental Health helplines. -

https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbclid=IwAR1LLiMceJO-bCaVb755TXWELyKLhk2k61T4da0TnuybjP_rkboLran3rqw

Thank you for your consideration and take care at this time.

Dr. Emma L. Dixon



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