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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

I continue to provide a Clinical Psychology service on a remote basis and can tailor sessions to suit what is most comfortable for you via online video conferencing or telephone.

Please do not hesitate to contact me for further information.

### Useful Resources and Support for Children, Young People, Parents and Families

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

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

Young Minds - <https://youngminds.org.uk/>

**Mental Health helplines.** - [https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/?fbclid=IwAR1LLiMceJO-bCaVb755TXWELyKLhk2k61T4da0TnuybjP\\_rkboLran3rqw](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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