



[Adverse Childhood Experiences \(ACEs\) - YouTube](#)

Adverse Childhood Experiences (ACEs) are traumatic events that affect children while growing up. This short, animated film has been developed to raise awareness of ACEs, their potential to damage health across the life course and the roles that different agencies can play in preventing ACEs and supporting those affected by them.

[Childhood Trauma and the Brain | UK Trauma Council - YouTube](#) [How a child's brain develops through early experiences \(youtube.com\)](#)

Two videos showing a general introduction to what happens in the brain after children face traumatic experiences in childhood, like abuse and neglect and how this can impact attachment and relationships.

[Videos & Podcasts – CAMHS \(hampshirecamhs.nhs.uk\)](#)

A wealth of resources created by CAMHS – videos explaining trauma and different mental health conditions, as well as podcasts from individuals who have been diagnosed with health conditions themselves and what it is like to live with them.

[E-learning \(autism.org.uk\)](#) E Learning Provided by the National autistic society – a range of free modules (these change from time to time) covering topics that surround autism.

[Mental Health Resources For Children and Young People | YoungMinds](#) Resources, blogs & articles created by Young Minds for those supporting children & young people.

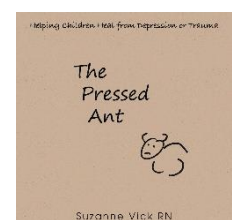
[I am a parent, carer or other adult - Help at Hand \(childrenscommissioner.gov.uk\)](#) A signposting website created by the children's commissioner with links and contact details for all services who have contact with children and families.

In My Heart by Joe Witek. This book explores a full range of emotions, describing how people feel physically, inside, with language that is lyrical but also direct to empower readers to practice articulating and identifying their own emotions.



[The Invisible String](#) by Patrice Karst. This heartwarming picture book explores the unbreakable connections between us and opens up deeper conversations about love.

The Pressed Ant by Susanne Vick RN. Have you ever wondered if your child is more





than just sad? Here is a tool that you can use to help your child talk about his or her feelings safely.