

DASH

*Mental Health
Wellbeing & Behaviour*
SUPPORT AND EDUCATION



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EMPOWERING FAMILIES, SCHOOLS AND COMMUNITY GROUPS TO NURTURE MENTAL HEALTH, WELLBEING, AND BEHAVIOUR IN CHILDREN, YOUNG PEOPLE.

OUR SPECIALISED SUPPORT & PSYCHOEDUCATION IS DESIGNED TO MEET THE UNIQUE NEEDS OF FAMILIES & SCHOOLS AROUND MENTAL HEALTH, WELLBEING AND BEHAVIOUR IN CHILDREN WITH ATTENDANCE DIFFICULTIES.

MENTAL HEALTH & WELLBEING:
UNDERSTANDING BEHAVIOUR & EMOTIONS
EMOTIONALLY BASED SCHOOL AVOIDANCE
& ATTENDANCE DIFFICULTIES
PERSONAL DEVELOPMENT & MINDSET
ATTACHMENT & SETTING BOUNDARIES
UNDERSTANDING ACES & TRAUMA
EXECUTIVE FUNCTIONS
COMPASSION & GRATITUDE
REGULATION: SELF, CO AND COPING MECHANISMS



the british
psychological society



Mental Health
First Aider
MHFA Wales



CRONFA
GYMUNEDOL
COMMUNITY
FUND



ASIST

The Association
for Child and Adolescent
Mental Health