

ANXIETY

Molehill Mountain App

Molehill Mountain is an app specially developed to help autistic people self manage their anxiety:. Includes evidence based tips and exercises.

[Molehill Mountain | Autistica](#)

What to do when you worry too much book (age 6-12)

An interactive self-help book for kids aged 6-12 to use with support from an adult. Strategies are based on Cognitive Behavioural Therapy. Easy to follow, great illustrations.

[What to Do When You Worry Too Much, 2nd Edition: A Kid's Guide to Overcoming Anxiety](#)

Coping with self harm guide

A guide developed by researchers at the University of Oxford to support parents and carers with children who self harm. [Coping-with-Self-Harm-Guide-for-Parents-Carers.pdf](#)

Challenging behaviour

Knowing what causes distressed behaviour can help you to develop ways of dealing with it. You'll find practical information and tips on this website:

- [Behaviour](#)
- [The Challenging Behaviour Foundation](#)

Support for parents

Contact is a charity that provides information, advice and support to parents and carers of disabled children and young people from birth to 25, living in any part of the UK. Practical and emotional support, locally and nationally. Includes a helpline.

<https://contact.org.uk/>

<https://solihullcarers.org/parent-carer/#gsc.tab=0>

[Child to parent abuse | Parental Education Growth Support \(PEGS\)](#)

[Child to Parent Violence \(CPV\) | WellChild](#)

