



Free accessible learning about emotional health and wellbeing



McIver, Charlotte
Public Health Practitioner

Dear Colleagues,

Hampshire County Council fund sponsorship of **inourplace** to make invaluable NHS learning and content free for local parents. Please share the attached wellbeing news update (or this [link](#)) from the Solihull Approach, the NHS team behind inourplace.co.uk, with ALL parents/carers.

Inourplace is an online learning environment developed by psychologists and health practitioners providing accessible learning about emotional health and wellbeing, proven to positively impact mental health, behaviour and relationships.

If there is anything additional you'd like to see or if you're interested in teacher training or resources, please email solihull.approach@uhb.nhs.uk

[PDF May parent wellbeing newsletter.pdf](#)

The free courses for parents/carers include:

- Moving up to secondary school for children with additional needs
- Understanding your child from toddler to teenager
- Understanding your child with additional needs (0-19 years)
- Understanding your teenager's brain

- Understanding your brain (for teenagers only)
- Understanding your feelings (for teenagers only)
- Understanding your child's feeling
- Understanding your child's mental health and wellbeing
- Understanding your relationships
- Understanding the impact of the pandemic on your child/teenager
- Understanding your own trauma
- All courses can be translated using Google translate and some professional translations are also available.

Courses for professionals working with children include:

- Understanding trauma
- Understanding attachment
- Understanding brain development

More information can be found at [The Solihull Approach | Health and social care | Hampshire County Council](#).