

# Looking After Ourselves

Give your child the skills to manage life's ups and downs. We teach practical skills for when things are difficult and you feel sad, angry or worried.

**Ages  
7-11**

Our new, online, interactive programme teaches children cognitive coping strategies and behavioural techniques to help manage difficulties and enhance resilience.

For a FREE workbook and access to our interactive website:

phone: **07971 796 709**

or email: **cues-ed@slam.nhs.uk**

Leave your details and a member of our team will get back to you.



# Who are we?

We are a team of NHS Clinical Psychologists and CBT therapists dedicated to improving mental health resources for all children.

We've worked with over 5,000 children in primary schools across London, improving emotional well-being with overwhelmingly positive feedback.

Now children can learn about emotional well-being online with our good friends Ed and Chloe...



## Ed

**Species:** Unknown

**Likes:** Singing, reading books

Ed is shy but also very friendly. He is scared of the dark but also very brave

## Chloe

**Species:** Chameleon

**Likes:** Hopping

Chloe loves the dark but is scared of mice. She has a special power – she can change colour depending on how she feels!