NHS
Hampshire Child and Adolescent Mental Health Services

New Strategy Based Films for parents/carers and Professionals New for 2026

What is Emotionally Based School Avoidance

Risk factors for Emotionally Based School Avoidance

Tips for Emotionally Based School Avoidance

Thriving with ADHD in school

ADHD and sleep

Reframing ADHD

Girls and ADHD

ADHD – order out of chaos

Growing older and changing ADHD symptoms

The importance of sleep

Tips to support sleep optimisation

To watch the videos, scan these QR codes