

Self compassion in times that challenge - links

Blog about the difference between self-compassion and self-care -

<https://mhfaengland.org/mhfa-centre/blog/Self-care-and-self-compassion-Why-we-need-both-in-our-workplaces/>

Podcast with Dr Kristen Neff - <https://drchatterjee.com/how-to-silence-your-inner-critic-and-why-you-should-with-dr-kristin-neff-re-release/>

Stress Bucket with Dr Julie Smith - <https://youtu.be/l9vYqbWB1FA>

Mental health and well-being support links -

<https://www.educationsupport.org.uk/get-help/help-for-you/helpline/>

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.nhs.uk/nhs-services/mental-health-services/how-to-find-local-mental-health-services/>

<https://www.lincolnshire.gov.uk/employment-policies/employee-support-policy>

https://mentalhealth-uk.org/wp-content/uploads/2026/04/Wellbeing-Action-Plan_2026_A4L_v1_FAW_DIGI_EDITABLE.pdf?_gl=1*1ycsz8o*_up*MQ.*_ga*MTA5MjA2MDU1MS4xNzgwNzU2MzQy*_ga_4KZ7ETV256*czE3ODA3NTYzNDEkbzEkZzAkDDE3OD A3NTYzNDEkajYwJGwwJGgw

Solution Focused Psychology website

<https://solutionfocusedpsychology.co.uk/>

Solution Focused Psychology Reflective Spaces survey for Lincolnshire schools and settings [Reflective spaces for schools & settings in Lincolnshire – Fill in form](#)

Children's Links – a local children's charity

Trustee opportunities <https://www.childrenslinks.org.uk/volunteer>

Toy library information - space <https://www.childrenslinks.org.uk/toy-library>

Parent or carer survey of children presenting with SEND

<https://forms.office.com/pages/responsepage.aspx?id=rcvZh5vpKU2maEh4k7pOBlzW OaYkO0VKtqyduQFUvHlUODJaNElWVIM4OTJPV1BUSEQxWkM2UEJQUS4u&route=shorturl>