



TOGETHERNESS



An update on

WELLBEING FOR EVERY SCHOOL PARENT

Your NHS learning space created by psychologists

October 2025

As the new term is now well and truly underway, we're delighted to share some helpful resources for parents experiencing all the big emotions of growing children.

Togetherness is the new face of **inourplace**, the NHS emotional health digital learning hub funded in your area to provide your family with **free access** to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children and make sure they thrive.

Here's a quick round up of what we think is great on Togetherness for this half term.

**The parent pathway to better relationships
and behaviour**

**Adolescence: Tools for teens to help protect
mental health**

5 things to protect your mental health whatever happens



Togetherness ideas for World Mental Health Day 2025

Ideas to help care for your wellbeing everyday and the secret to emotional resilience

[\(3 minute read\)](#)

Falling out and making up: parent relationships



Life skills for arguing and healthy grown up relationships

Resources to help you model falling out and making up for your children

Thinking about SEND and emotional wellbeing?



**Understanding your child
with additional needs**

Online learning pathway to help you connect with your unique child

[\(bitesize e-learning\)](#)

**Expert insights for your parenting: meet our
Togetherness team**



**Follow us on TikTok
or Instagram**

Short films on sleep, toddler tantrums, school behaviour, teenagers
and much more

[\(bitesize video content\)](#)

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