



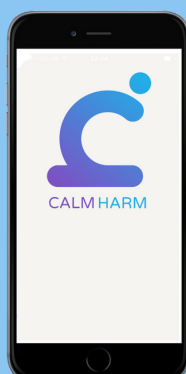
ALICIA DRUMMOND

'Helping young people manage worries, stress & anxiety'

Alicia Drummond is a BACP accredited therapist, parent coach, speaker, author, mother and founder of Teen Tips whose unique online training for school staff and parents focuses on supporting mental health and wellbeing. For the past 12 years, Alicia has been working with over 120 UK and international schools as well as businesses, and the NHS. She is the in-house mental health expert for School Notices; the in-house parenting specialist for CQC clinic Esher Groves; she regularly appears in the press and on TV and radio and has written a book, "Why Every Teenager Needs a Parrot" as well as being a popular speaker at conferences.

The two apps I really like are ClearFear and CalmHarm which were both made by Dr Nihara Krause and are excellent for helping those with anxiety and self-harming problems.

CALM HARM App



CLEARFEAR App

