

STOPP Therapy Resources:

- Scott's [presentation](#)
- [Lesson plans](#) for teaching STOPP Therapy to children and adults

The course in a nutshell - <https://www.getselfhelp.co.uk/stopp.htm>

STOPP Worksheet - <https://www.getselfhelp.co.uk/docs/STOPPworksheet.pdf>

Thought Recording Sheet - <https://www.getselfhelp.co.uk/docs/STOPP5.pdf>

STOPP Wallet Cards - <https://www.getselfhelp.co.uk/docs/stoppcards.pdf>

STOPP App:

Android - <https://play.google.com/store/apps/details?id=stopp.submarine.gg&hl=en>

App Store - <https://apps.apple.com/us/app/stopp-app/id1242381115>

Leaflet - <https://www.getselfhelp.co.uk/docs/STOPP2.pdf>

YouTube Video - https://www.youtube.com/watch?v=4x35DyHwfto&feature=emb_logo

Video STOPP Meditation - <https://www.youtube.com/watch?v=5CIDa-TbAmo>