

Education Wellbeing Practitioner Service



Who We Are...

We are Education Wellbeing Practitioners. We work with young people who are experiencing mild to moderate anxiety or low mood.

What We Do...

We help young people understand the difficulties they are experiencing, and teach them tools and coping strategies they can use to help manage their anxiety or low mood. We meet individually with young people for up to six sessions, plus one introduction session. Sessions are an hour long and take place in school.

Who We See...

Young People who:

- Sometimes feel anxious (e.g. feeling anxious in social situations, feeling panicky, phobias of specific things e.g. lifts, excessive worrying e.g. about exams or friends and family).
OR
- Sometimes feel low (e.g. loss of motivation, no longer finding enjoyment in the things they used to, change in sleep patterns, change in appetite, low self-esteem, frustration)

*We are unable to see young people who have already received support from the Emotional Health Service or Child and Adolescent Mental Health Services (CAMHS).

What will it involve?

- We will ask you to try out some of the things you have learnt in your sessions in your own time. It's really important you complete these tasks so you get the most from your sessions.
- Parents can come to the sessions if you'd like them to.
- If you're 15 or under, we will need to inform your parents of your referral.

Next Steps...

If you are interested in our service please pick up a referral form from Mrs Miles or speak to your tear team