



EDUCATION MENTAL HEALTH PRACTITIONER

WHAT CAN AN EDUCATION MENTAL HEALTH PRACTITIONER HELP WITH?

ANXIETY



Anxiety may include social, separation anxiety as well as phobias, panic and avoidance. We explore thoughts, feelings and behaviours to help you face your fears.

SLEEP HYGIENE



If you are having trouble sleeping, we can discuss the thoughts which may be making this more difficult and look to challenge these thoughts.

LOW MOOD



Low mood or depression can stop us from doing activities we once enjoyed. Challenging unhelpful thoughts and focusing on things you value can help to increase your mood.

SCHOOL TRANSITION



Moving to secondary school or college may feel uncertain. We can help normalise any anxiety this brings and help you develop coping strategies for dealing with change.

WORRY



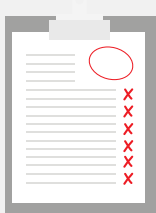
Worrying can look like lots of "what if" thoughts about the future and often thinking something bad may happen. We can provide strategies to manage these worries.

RESILIENCE



We can help you develop skills to deal with everyday pressures and challenging situations. Problem solving techniques will be explored to help manage any difficulties you may face.

EXAM STRESS



The lead up to exams can be overwhelming. We can help you use strategies to enhance your wellbeing and manage anxiety to help you feel more able to cope.

COPING STRATEGIES



Coping strategies such as mindfulness techniques, emotional regulation and thought challenging will be explored and can be used to manage wellbeing.



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WHAT TYPE OF SUPPORT CAN BE OFFERED?

1:1 SESSIONS



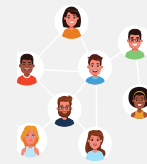
6 to 8 weeks of Low Intensity CBT is offered on a 1:1 basis.

WORKSHOPS



Workshops can be delivered to whole classes as well as small groups.

PEER SUPPORT



Peer mentoring training for pupils to support other pupils with their mental health and wellbeing.

ASSEMBLIES



Assemblies can be delivered to educate and increase awareness around mental health.

PARENT LED CBT



CBT strategies taught directly to parents to use with their child to overcome anxiety.

STAFF TRAINING



Training offered to schools to increase awareness and confidence in supporting pupils.

TIPS FOR PARENTS AND CARERS

- ✓ Let them know that it is important to look after mental health as well as our physical health.
- ✓ Encourage them to engage with mental health support, by talking and listening to any questions or worries they may have.
- ✓ Normalise talking about mental health and asking each other how we are feeling.
- ✓ Practice skills together in between sessions and encourage them to complete home tasks.
- ✓ Communicate any concerns or need for support with school/college and our Mental Health Support Team.

USEFUL SELF HELP APPS AND LINKS

kooth

Kooth.com



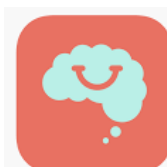
Calm



Clear Fear



Mindshift CBT



Smiling Mind



Daylio



My Possible Self



Calm Harm



Think Ninja



SAM

YOUNG
MiNDS

YoungMinds.org.uk



Chill Panda



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