

EDUCATION WELLBEING SERVICE

NHS
South West London and
St George's Mental Health
Trust

ABOUT US...

WHO ARE WE?

We are Wellbeing Practitioners. We work in schools with young people who are starting to experience anxiety or low mood and **AREN'T** already getting professional support, like counselling or CAMHS.

Low Mood

- Feeling sad, lonely, irritable, worthless or 'empty'
- Losing interest in activities you used to enjoy
- Changes to eating/sleeping habits or motivation
- Withdrawing from family & friends

Anxiety

- Frequent worry or overthinking
- Feeling anxious in social situations
- Specific phobias, like crowded places or being sick
- Exam stress or performance anxiety
- Avoiding lessons/activities/school due to anxiety

WHAT DO WE OFFER.?



6-8 weekly, one-hour sessions during the school day



Skills and strategies based on Cognitive Behaviour Therapy (CBT) that you can practice during and between sessions to support your wellbeing



Sessions are confidential. We will speak with you about what this means.



If you are 15 or under, we will let your parents know that you're taking part in this programme

WHAT HAPPENS NEXT?

1. We usually arrange a quick call or a chat in school to introduce ourselves and tell you a little more about what we do.
2. We then arrange to meet one-to-one, in school, to find out a little more about you and to decide together whether this is the right kind of support for you at this time.



See next page for the application form

Text SHOUT to 85258
for 24/7 support.
Anytime. Anywhere.