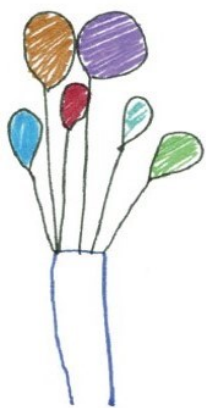


Mental Health

Wellbeing support from Brighton and Hove Schools wellbeing service

During these challenging times of lockdown, and now a slow return to school, it's very understandable that children and young people might struggle with their mental health. We're reaching out as the trainee education mental health practitioners (EMHPs) who work for the Schools Wellbeing Service in Brighton and Hove, as we might be able to help in this situation. We're able to offer one to one support sessions for children who feel anxious, worried or low in mood, as well as children with sleeping difficulties. We work using cognitive and behavioural principles, which means that we work out together how what you do, what you think and how you feel are linked and form an unhelpful pattern. Once we understand that pattern together, we can then introduce strategies to help break this pattern down and put new, more helpful patterns in place.



This support is especially suitable for children who:

- Experience anxiety, worries, low mood or sleep difficulties.
- Are motivated, especially to work online and engage in home practice
- Can pinpoint their problem and set a clear goal for the work
- Are able to access their thoughts and feelings

Please get in touch with your child's school's inclusion leader or SENco if you think this type of support might be helpful for your young person.

Trainee Education Mental Health Practitioners
School Wellbeing Service
Brighton & Hove Inclusion Support Services
County Oak Avenue, Brighton BN1 8DJ

