

Sutton Education Wellbeing Service Information for Young People

Do you struggle with anxiety, sleep problems or low mood? Do your worries or mood impact on your daily life?

If you've answered yes, an Education Wellbeing Practitioner may be able to help you!

Who we are...

We are Education Wellbeing Practitioners (EWP's). We work with young people who are experiencing mild to moderate anxiety or low mood or sleep issues.

What we do...

We offer up to 7 sessions (or less) of Guided Self-Help in your school or online.

We would have an initial meeting to get to know you and hear more about your concerns. We would then have up to six more face to face or online sessions during the school day.

How will it help?

We will help you to fully explore and understand your difficulties, provide you with coping strategies to address them and give you support putting them into practice.

We will help you to tackle distressing thoughts and increase your resilience to cope with future problems.

Who we see... Young People who:

- ⇒ Sometimes feel low (e.g. lower energy levels, loss of motivation, no longer enjoying the things you used to, sleep issues, change in appetite, feeling you want to be alone more than usual)
- ⇒ 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).

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

What will it involve?

- Attending sessions at school or online.
- Learning new strategies and trying them out in your own time. (The more you practice the more improvement you will see!)
- Parents can come to some sessions if you'd like them to.

Next steps...

If you are interested in our service please pick up an application form from your school.

If you're 15 or under, we will need to inform your parents that you are taking part in this program.

