

DO YOU HAVE YOUNG PEOPLE WHO NEED SUPPORT WITH ANXIETY OR LOW MOOD?

The Educational Psychology Service is able to offer early intervention guided self-help sessions based on Cognitive Behaviour Therapy for secondary-aged young people experiencing mild-to-moderate low mood or anxiety.

All interventions are offered by Children's Wellbeing Practitioners and supervised by an experienced clinician. Sessions are virtual and take place during school hours, schools are asked to facilitate this.

The intervention for **low mood** may be suitable if a young person persistently experiences:

- Feeling low, flat or depressed
- Social withdrawal
- Constant tiredness/ lack of energy
- Concentration difficulties
- Problems with sleeping
- Difficulty making decisions
- Loss of motivation in activities
- Highly critical thoughts about themselves

The intervention for **anxiety** may be suitable if a young person persistently:

- Talks about feeling worried or anxious
- Finds it difficult to participate in class or other activities
- Avoids coming to class when there are presentations or tests
- Finds it hard to concentrate
- Looks tense and fidgety
- Has unexplained outbursts
- Feels irritable
- Avoids social interaction with usual friends and is spending increased time alone

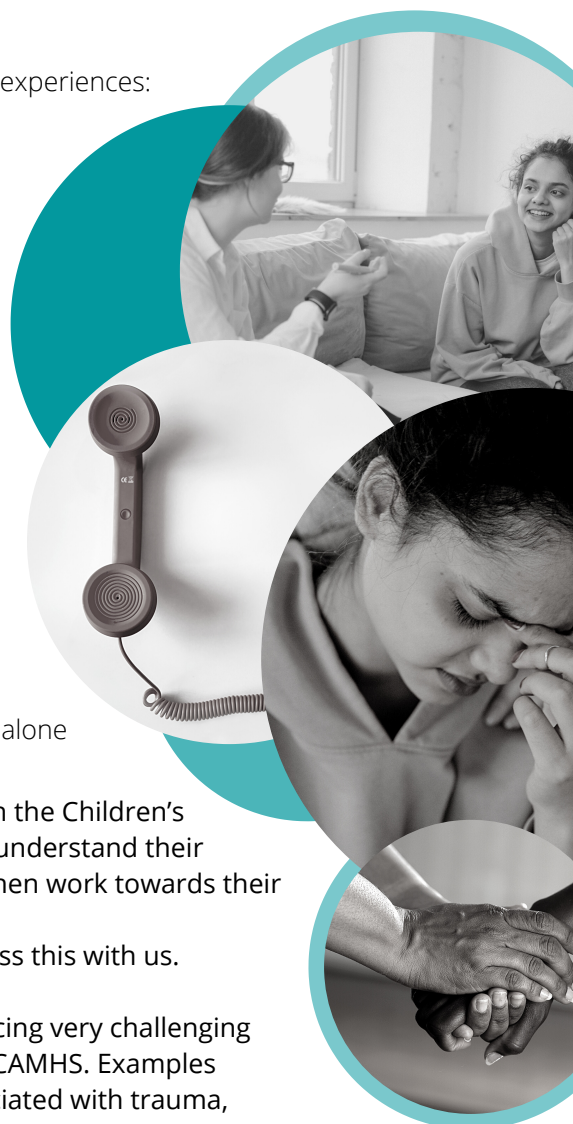
These 1:1 sessions take place over eight weeks. Young people will meet with the Children's Wellbeing Practitioner virtually via Microsoft Teams or on the telephone to understand their difficulties, set goals, and then work towards them. The young person will then work towards their goals and practice the tools and strategies in between each session.

If you believe that a young person needs face-to-face sessions, please discuss this with us.

If a young person is experiencing complex and enduring difficulties, or is facing very challenging circumstances in their lives, it would be more appropriate to refer them to CAMHS. Examples include thoughts about death/ suicidal ideation, self harm, flashbacks associated with trauma, constant repetitive behaviours, and intense and regular panic attacks.

If you are a school, please book a brief telephone consultation to explore whether our service is a good fit for the young person's needs, by emailing emma.gore-langton@enfield.gov.uk with 'CWP input' in the subject line.

If you are a parent or a young person, please ask your school to get in touch with our service on your behalf .



**No Cost
to
Schools**