



Introduction to the Reflexions team.

- To understand what we do and how we can help.
 - To understand what CBT is.
- What targeted support we can offer to CYP and to parents.



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Group reminders



These sessions are here to help you and are here for information and advice only.



This is a non judgmental space.



Confidentiality.



We encourage you to get involved however please be mindful what you share with the group. If you would like to chat to us 1.1 we will happy to ask any questions and will be available at the end.



What is Mental Health?





- Mental Health is about our feelings, our thinking, our emotions and our mood.
- Things you cannot really see but it can affect our lives in lots of ways.





Mental Health Support teams.

- Mental health support teams work closely with CAMHS but we are our own separate team called Reflexions.
- We are based within schools and colleges and **only schools and colleges can refer to us.**
- We are an early intervention service which works with mild/moderate mental health difficulties.
- We work across the Black Country.



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History and Background.

- In 2011, the government pledged £79m to support children and their mental health within the community.
- EMHPs are apart of the Mental Health Support team who have been commissioned by the government from the green paper to deliver low intensity support CBT to CYP.
- Aim of this huge initiative is to reach CYP early, reduce waiting times and improve access.





How do you feel as parents having a mental health service in school?

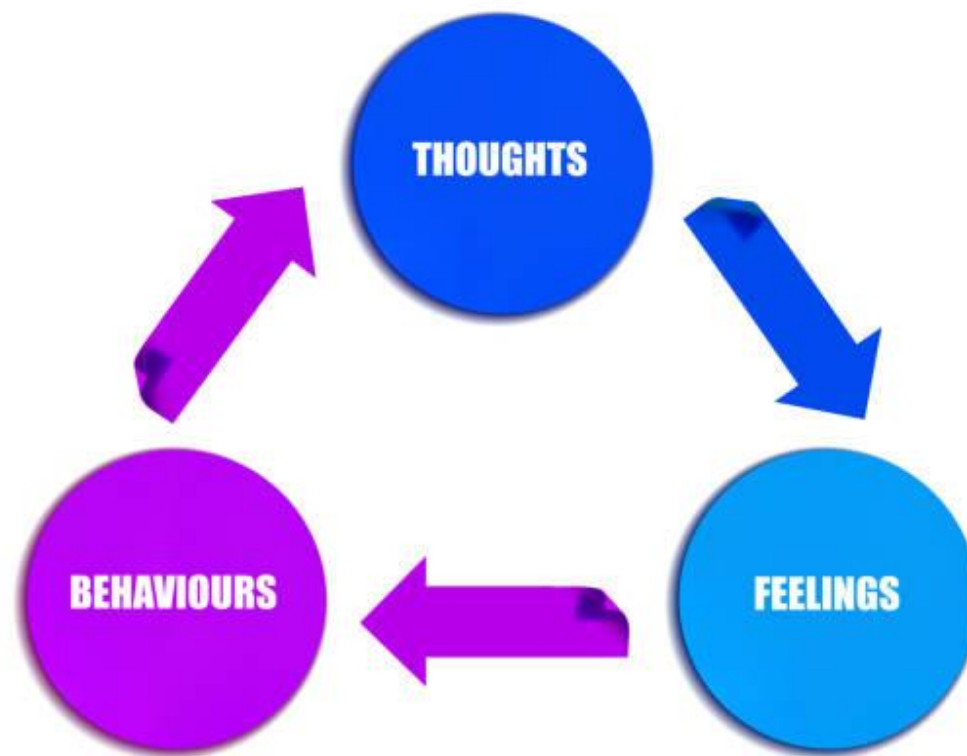




What we do

- We deliver both **1:1** and **group** CBT interventions to children and young people.
- We also offer **awareness workshops** to staff, parents and children.
- We also work closely with other services such as education psychology and school nursing.







What we can work with...

Low mood

Panic

Sleep Hygiene

Anxiety

**Generalised
anxiety &
separation
anxiety**

**Worry
Management**

**Mild behavioural
difficulties**





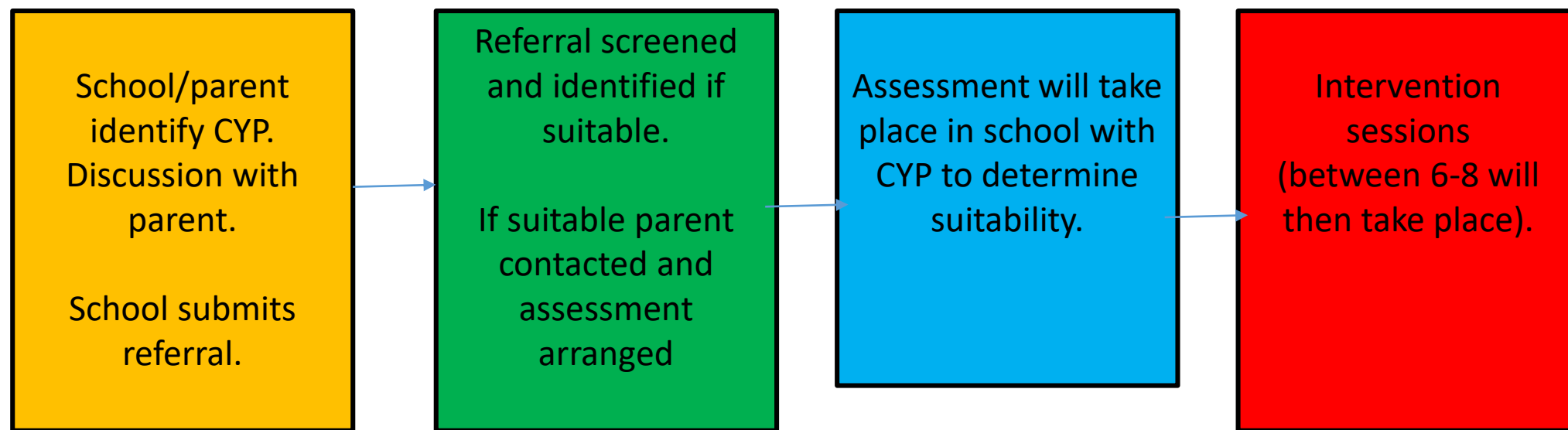
Workshops we offer...

- Supporting your child with anxiety around exams and transitions
- Supporting your child to get a good night's sleep.
- Supporting your child with anxiety
- Supporting your child with low mood.
- Talking to your child about mental health.





How does it work?





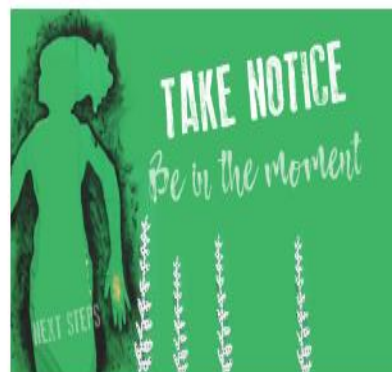
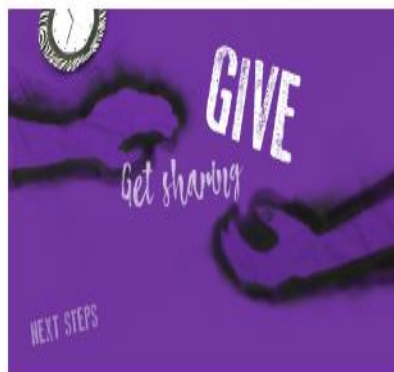
**Thinking about what we do,
What could we do to help you or your
child?**

**Is there anything you would like to know
more about?**





5 ways to wellbeing









Thank you for listening

Any questions?

