



Merton Young People's Wellbeing Service

Do you struggle with low mood or a lack of motivation?

Do you find yourself worrying about things or feeling anxious?

Has your sleep routine been affected by lockdown?

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

What we do...

We would have an initial meeting to get to know you and hear more about your concerns. We would then have weekly sessions, currently offered by video calls. We offer up to 8 sessions.

How will it help?

We will help you to better understand your worries / low mood, provide you with tools and coping strategies to address them and give you support to put them into practice.

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

Who we see...

Young People who are not already being seen in another service e.g. CAMHS who:

- ✓ Sometimes feel low (e.g. lower energy levels, loss of motivation, no longer enjoying the things you used to, change in sleep patterns, change in appetite, or 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).

What will it involve?

- Attending sessions, either virtually via video or in school.
- Learning new strategies and trying them out in your own time. (*The more you practice the more improvement you will see!*)
- Parents can join some sessions if you'd like them to.
- If you're 15 or under, we will need to inform your parents that you are taking part in this programme.

Next steps...

If you are interested in our service please speak to your Head of Year or Mrs Gilmore, Mental Health Lead