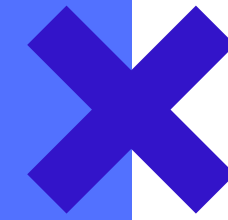


HI! WE ARE THE

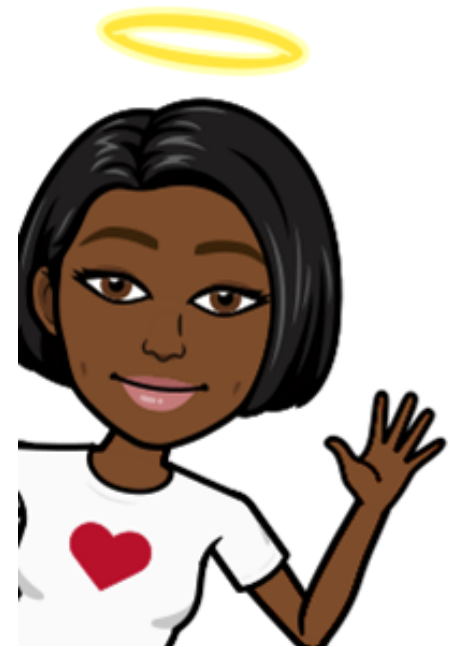
REFLEXIONS

TEAM



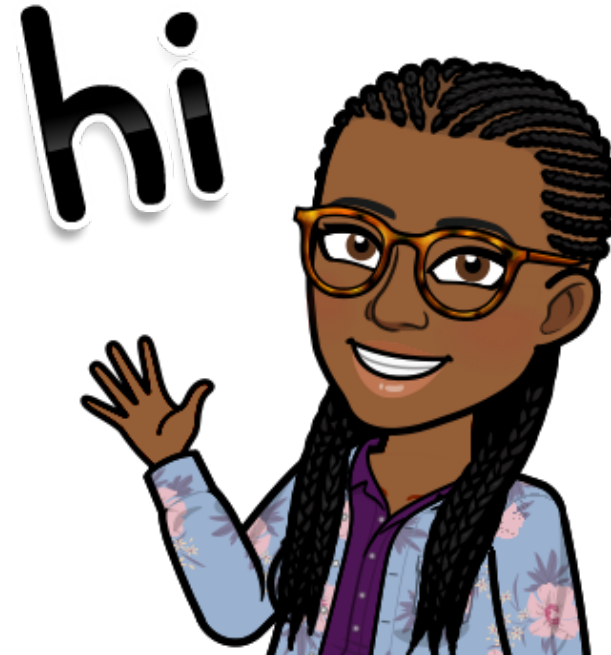
# MEET THE TEAM

The Reflexions team is made up of 1 team lead, 4 Trainee Educational Mental Health Practitioners (EMHPS for short) and 2 specialist EMHPS.



Nisha

hey.



Karen



Laura



Lisa

We are the 4 Trainee EMHPS are attached to your child's school. If you ever see us on site, please come and say hi!

• WE WORK IN 14  
SCHOOLS ACROSS  
DUDLEY •

• WE PROVIDE SUPPORT TO  
FAMILIES AND TEACHERS SO  
THEY CAN FEEL EMPOWERED  
WHEN SUPPORTING YOUNG  
PEOPLES WELLBEING •

# WHAT DO WE DO?

• WE FOCUS ON  
PROMOTING GOOD EMOTIONAL  
WELLBEING AND GETTING  
YOUNG PEOPLE SUPPORT EARLY. •

• WE AIM TO TEACH YOUNG  
PEOPLE COPING STRATEGIES  
SO THEY FEEL SUPPORTED  
BOTH AT SCHOOL AND AT  
HOME •



# WE ALL HAVE FEELINGS....



SOMETIMES THOSE FEELINGS ARE TOO MUCH FOR A YOUNG  
PERSON TO HANDLE ALONE AND THEY NEED SOMEBODY TO  
SHARE THESE FEELINGS WITH...



WE AIM TO PROMOTE  
GOOD  
EMOTIONAL WELLBEING  
THROUGH ASSEMBLIES  
AND WORKSHOPS

WE CAN DELIVER TRAINING  
& WORKSHOPS FOR PARENTS  
/ CARERS & TEACHERS. THIS  
CAN TAKE MANY FORMS,  
E.G. COFFEE MORNINGS

IF NEEDED WE CAN  
SIGNPOST YOUNG  
PEOPLE TO OTHER  
SERVICES BOTH  
NATIONALLY AND  
LOCALLY

HOW DO WE  
DO THIS?

IF YOUR CHILD NEEDS  
SUPPORT WE CAN WORK  
WITH THEM 1-1  
OR IN GROUPS  
DELIVERING LOW  
INTENSITY COGNITIVE  
BEHAVIOURAL THERAPY

# SO, WHAT DIFFICULTIES CAN WE SUPPORT WITH?



IF YOU FEEL YOUR CHILD MAY BE STRUGGLING OR HAVE ANY  
FURTHER QUESTIONS ON HOW THE REFLEXIONS TEAM WORK, PLEASE  
APPROACH A MEMBER OF SCHOOL STAFF.

BELOW ARE SOME EXAMPLES OF WHAT  
WE CAN SUPPORT YOUR CHILD WITH

LOW MOOD

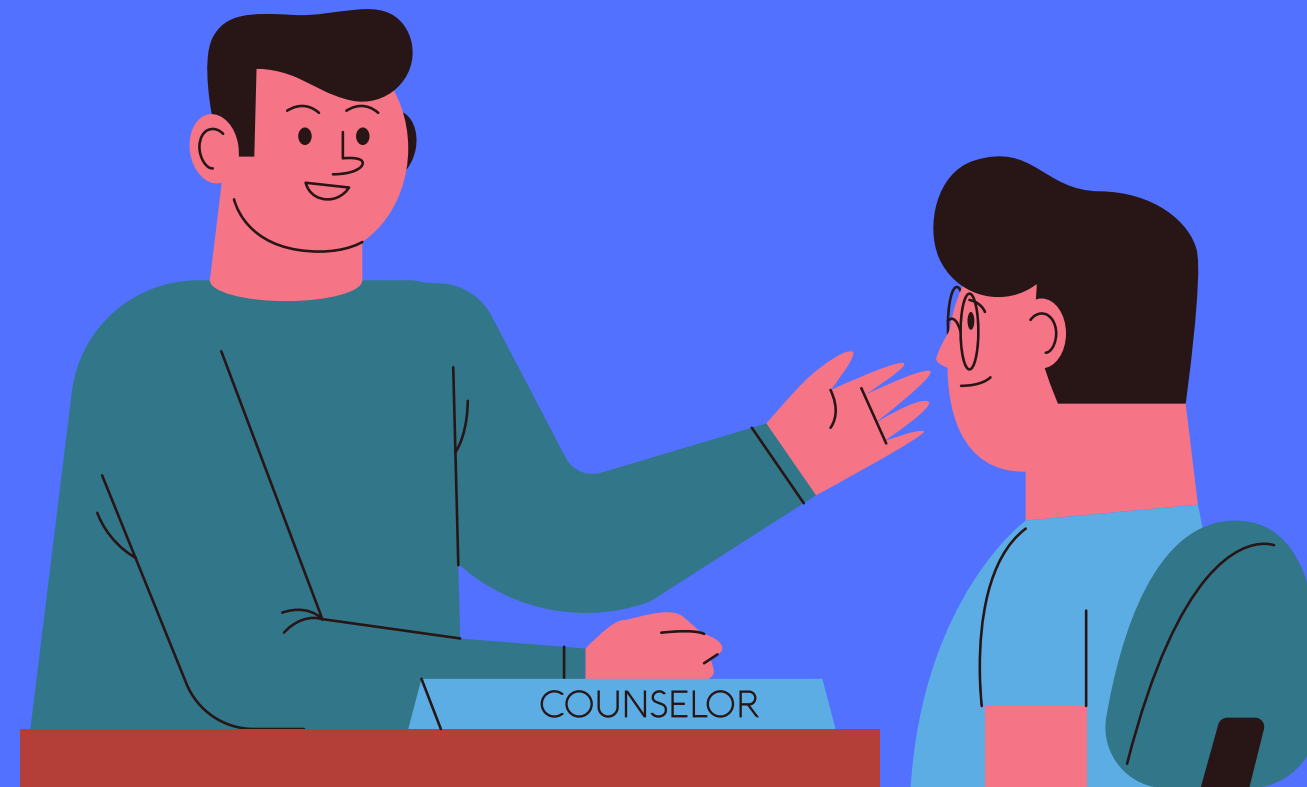
WORRY

SLEEP

PANIC

EXAM STRESS

# HOW CAN I ACCESS SUPPORT



IF YOU FEEL YOU FEEL YOUR CHILD MAY BE STRUGGLING,  
PLEASE APPROACH A MEMBER OF SCHOOL STAFF TO DISCUSS  
WHETHER A REFERRAL TO REFLEXIONS WILL BE THE RIGHT FIT  
FOR THEM

BELOW ARE PEOPLE WHO YOU CAN  
SPEAK TO, TO ACCESS  
SUPPORT...

TEACHERS

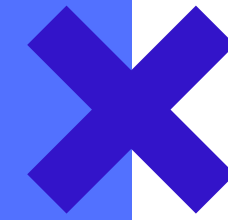
SUPPORT STAFF

MENTAL HEALTH LEAD



THANK YOU FOR  
WATCHING

WE LOOK FOWARD TO WORKING WITH  
YOU



Nisha



Lisa

**BYE!**



Laura

**BYE!**



Karen