

Schools and Colleges Early Support Service



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Early Support Service



Anna Freud

Young Person Support Offers 16-25

Information for young people

What is the Schools and Colleges Early Support Service?

Just like physical health, everyone has mental health, and it can range from good to poor.

Everyone can feel a bit down sometimes, and although we may receive support from friends, family, school or college, sometimes we may benefit from additional support.

This is where the Schools and Colleges Early Support Service can help.

The Service provides guided support for young people experiencing difficulties with their mental wellbeing.

Young person support offer 16-25

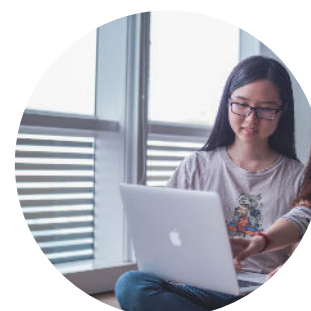
What is the offer?

- This offer involves six to eight, 45 minute sessions, of 1:1 support with a practitioner online.
- There will be one session a week, on the same day and time.
- In these sessions you will have the opportunity to learn and practice self-help strategies.
- During the first session you will have the opportunity to set some goals for what you would like to have achieved or learnt by the end of your sessions.



I feel great now. I can't see myself going back to the place where I started, but if I do, I feel confident that I know what to do, who to speak with in my back up team and how to access support if I need it.

- Young person, 2024



What can you expect?

- You will work 1:1 with a practitioner, where together you will choose which difficulties you experience the most. You and your practitioner will learn about the problem itself, learn to notice symptoms and triggers and learn different strategies to manage it.
- The sessions can help you to recognise unhelpful patterns in the way you think or act and find ways to change them. They will help you to understand the important issues you have raised and create a set of goals to overcome them.
- The sessions offer you a safe space to talk to someone who won't judge you.

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Is the Service right for you?

- The Service is not suitable for all young people.
- We are not a crisis service and do not accept urgent or emergency referrals.
- We cannot provide support to young people who are already accessing mental health support from another service, in or out of school, or who are on the waiting list for an appointment with NHS Children and Young People's Mental Health Services (CAMHS).



Keeping you safe

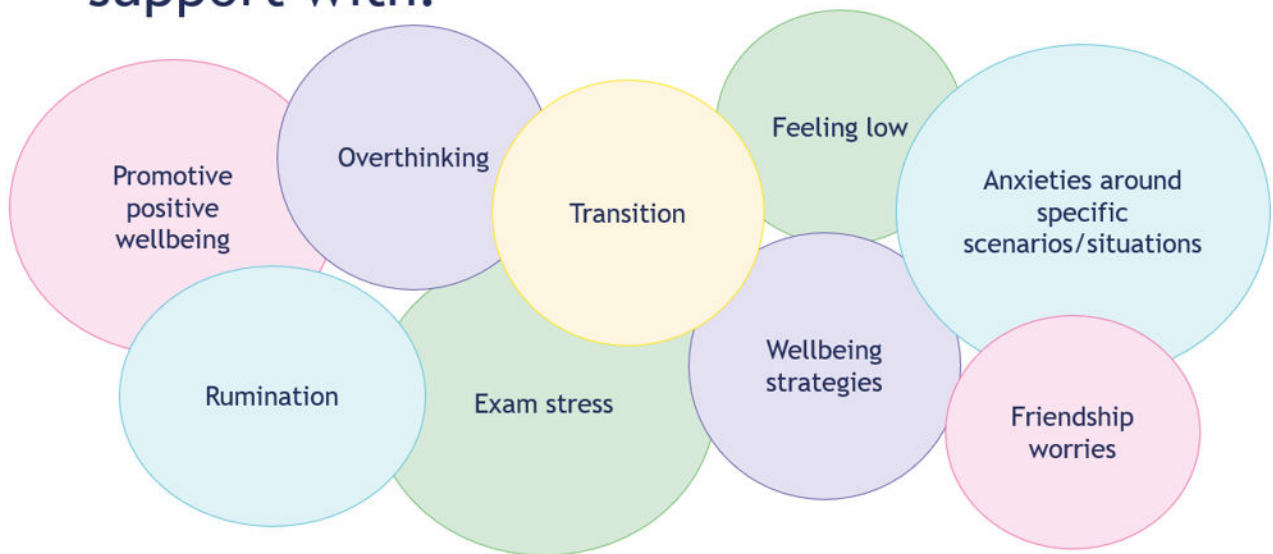
- The Schools and Colleges Early Support Service is confidential. However, we do work with a key adult in your school or college, who can support you to access the Service and who is our contact for safeguarding purposes.
- To ensure your safety throughout the support offer, if a concern comes up, then this contact will be notified asap to ensure that you are supported and safe.

Single session consultation 16-25

What is the offer?

- Sometimes **one session** can make a big difference. Single sessions have become increasingly popular over the past few years and evidence suggests it can be as effective as a long-term intervention.
- The one-hour session, focuses on identifying your strengths and shifting thoughts from a problem to a solution.
- An action plan is created, which provides a summary of the key themes from the session.
- Young people have shared that the session gave them a clear direction on steps to take to move forward.
- For some young people single-sessions are ideal as a first encounter to accessing therapeutic support.

What can the single session consultation support with?



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All information regarding your referral will be sent to your School or College email address.