

January 2023

Who are we?

We are a team of **Wellbeing Practitioners, Assistant Educational Psychologists and LDAPs** partnered with primary schools across the borough of Ealing. Our service is designed to support the wellbeing of children and young people in schools as well as school staff themselves. We provide a whole school approach to delivering mental health support **at the first signs of difficulty** to prevent future problems and promote overall emotional and mental wellbeing.

The new **Assistant Educational Psychologists** have joined the team and offer a whole school approach to emotional wellbeing and mental health.

What do we do?

We work directly with parents offering two **one-to-one tailored support programmes** in primary schools: one for anxiety/worries and one for behaviours that challenge. We also organise **workshops and groups** throughout the year on various topics.

Who can we support?

We work in collaboration with parents or carers of primary school children who sometimes feel **anxious** (e.g. experience scared or upset feelings, worrying, panic, worries about social situations, or specific fears/phobias) or children showing **behaviours that challenge** (e.g. difficulties in relationships, difficulties following routines, emotional dysregulation).

We also work with children with learning disabilities and/or autism and their families and school staff.



Does your child feel...

Scared of certain places or situations? Panic?
Anxious? Worried?



Or experience difficulties with...

Emotional regulation? Following routines?
Siblings? Relationships?
Following instructions?



Dates to remember

- **06/02/23-12/02/23:** Children's mental health awareness week
- **27/02/23 – 5/03/23:** Eating Disorder Awareness Week
- **17/03/23:** World Sleep day
- **01/04/23-30/04/23:** World Autism month
- **15/05/23 – 21/05/23:** Mental health awareness week
- **24/07/23:** Samaritans Awareness day

Think this might be for you?

If you are interested, please contact your school who will talk to you about making a referral to our team.