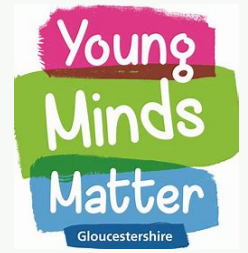


EDUCATION MENTAL HEALTH PRACTITIONER



WHAT CAN AN EDUCATION MENTAL HEALTH PRACTITIONER HELP WITH?

Anxiety

Anxiety affects people in different ways; no one experiences it in the same way. Different types of anxiety may include social, separation, panic, generalised anxiety and OCD. We look at how our thoughts, feeling and behaviours all link to help face your fears!

Worry

Worry is a normal emotion. It usually involves thinking that something negative is going to happen. This can become a problem when it interferes with your day - this is when we may need some extra help. We can provide some strategies to help manage your worries.

Low Mood

Low mood or depression can stop us from doing activities which we enjoy. Challenging unhelpful thoughts and focusing on the things we value and enjoy can help us to feel better.

Coping Strategies

Coping strategies such as mindfulness activities, emotional regulation and thought challenging will be explored to help manage wellbeing.

Exam Stress

The lead up to exams can be overwhelming. We can help you with strategies to enhance your wellbeing and manage your anxiety to help you feel more able.

School Transition

Moving to secondary school or college can feel uncertain. We can help normalise any anxiety this brings, and help you develop strategies for dealing with these changes.