

Difficulties we can support

Evidence-Based Interventions for school aged Children & Young People.

1:1 Sessions to support with:



- Anxiety
- Worry Management
- Problem Solving
- Thought Challenging
- Low level self-harm and/or suicidal thoughts
- Low Mood
- Brief parenting support (Primary Only - Anxiety and Behaviour)

We might be able to help with:

- Sleep difficulties
- Self-esteem
- Mild Obsessive Compulsive Disorder
- Anger where there is underlying anxiety
- Low confidence

Group Interventions focusing on:



Primary Schools

- Managing my worries
- Understanding emotions
- Anxiety
- Self-esteem

Secondary Schools

- Resilience
- Understanding emotions
- Anxiety
- Self-esteem
- Managing low-level Obsessive Compulsive Disorder
- Body Project

Both 1:1 sessions and Group Interventions are accessed by referral and last 4-8 sessions.

Referral

All requests require an individual referral.

If you are referring for group work please discuss this with your Young Minds Matter Practitioner before submitting the referral.



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