

# Swindon Trailblazer

Mental Health Support Team

## Consultation Service

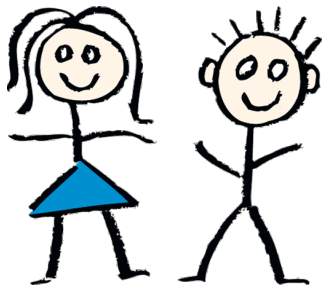
*Offering support for schools in uncertain times*



## Who are We?

We are **Education Mental Health Practitioners (EMHPs)**, part of a wider Mental Health Support Team, focusing on the mental health and wellbeing of staff and students in your school.

We offer early intervention support for young people experiencing **mild to moderate mental health issues** (*including anxiety, low mood, anger and emotional regulation*).



## What is Consultation?

Consultation is an opportunity to **talk through any mental health related concerns** you may have regarding a young person in your school.

Sessions are **confidential**, subject to risk disclosures.

Sessions are between 20-40 minutes.

*Example question: "A girl in my class is very quiet and isolated, I am unsure how to help her?"*

Within consultation we will seek to find a solution collaboratively, or guide you towards the most appropriate support.

## How to Get in Touch?

To book a session please send any questions or queries to:

Enquiries.swindontrailblazer@barnardos.org.uk

