



INTRODUCTION TO THE REFLECTIONS TEAM (PARENTS)



Together with you to achieve **healthier, happier lives**



Dudley Educational
Psychology Service

WE WORK IN 14
SCHOOLS ACROSS
DUDLEY

WE PROVIDE SUPPORT TO
FAMILIES AND STAFF, SO
THEY CAN FEEL EMPOWERED
WHEN SUPPORTING YOUNG
PEOPLES WELLBEING

WHAT DO WE DO?

WE FOCUS ON
PROMOTING GOOD EMOTIONAL
WELLBEING AND GETTING
YOUNG PEOPLE SUPPORT EARLY.

WE AIM TO TEACH YOUNG
PEOPLE COPING STRATEGIES
SO THEY FEEL SUPPORTED
BOTH AT SCHOOL AND AT
HOME



WE AIM TO PROMOTE
GOOD
EMOTIONAL WELLBEING
THROUGH ASSEMBLIES
AND WORKSHOPS

WE CAN DELIVER TRAINING
& WORKSHOPS FOR PARENTS
/ CARERS & STAFF. THIS
CAN TAKE MANY FORMS,
E.G. COFFEE MORNINGS

IF NEEDED WE CAN
SIGNPOST YOUNG
PEOPLE TO OTHER
SERVICES BOTH
NATIONALLY AND
LOCALLY

HOW DO WE
DO THIS?

IF YOUR CHILD NEEDS
SUPPORT WE CAN WORK
WITH THEM 1-1
OR IN GROUPS
DELIVERING LOW
INTENSITY COGNITIVE
BEHAVIOURAL THERAPY

SO, WHAT DIFFICULTIES CAN WE SUPPORT WITH?



BELOW ARE SOME EXAMPLES OF WHAT WE CAN SUPPORT YOUR CHILD WITH

LOW MOOD

WORRY

SLEEP

PANIC

EXAM STRESS

HOW CAN YOUR
CHILD ACCESS
REFLEXIONS
SUPPORT?



IF YOU FEEL YOUR CHILD MAY BE STRUGGLING, PLEASE
APPROACH A MEMBER OF SCHOOL STAFF TO DISCUSS WHETHER A
REFERRAL TO REFLEXIONS WILL BE THE RIGHT FIT FOR THEM

BELOW ARE PEOPLE WHO YOU CAN SPEAK
TO, TO ACCESS SUPPORT...

TEACHERS

SUPPORT STAFF

MENTAL HEALTH LEAD