

# Schools and Colleges Early Support Service



## Young Person Support Offers 16-25

### *Information for young people*

“The Schools and Colleges Early Support Service is here to help.”

## What is the Schools and Colleges Early Support Service?

We all have mental health all of the time, some days good, some days not so good. Everyone can feel a bit down sometimes, and although most of the time we can get the help we need from friends and family, sometimes we need a bit more support. The Schools and Colleges Early Support Service provides guided support for young people experiencing mild to moderate mental health difficulties such as stress, anxiety and low mood. We are a remote service, so all of our sessions are delivered online.

## Young person support offer 16-25

You will be offered between six to eight sessions of 1:1 support with a practitioner. Each session is 45 mins and will take place each week with the same practitioner at the same time.

You will work 1:1 with a practitioner where together you will choose which difficulties you experience the most. You and your practitioner will learn about the problem itself, how to recognise symptoms and triggers and develop different strategies to support yourself. The support is ‘guided self-help’, so to make the most of your sessions it is important to commit to trying some of the different strategies you work through with your practitioner outside of sessions.



## Schools and Colleges Early Support Service

A partnership of



Anna Freud



## Single session consultation 16-25

Sometimes, all we need is a single session of support, to help us find solutions and take small steps towards our goals. Together with a practitioner you will agree on your own unique action plan that is specific to your needs and goals. There is the option of an additional follow up session.



## Is the Service right for me?

The Service is not suitable for all young people. We cannot provide support to young people who are already accessing mental health support from another service, in or out of school, or who are on the waiting list for an appointment with NHS Children and Young People's Mental Health Services (CAMHS).

## How can I access the service?

If you are 16-25, you can request support now by self-referring. Scan the QR code below for the next steps. The sessions will be run online and if required, your school/college can support you to access a laptop or tablet device for these sessions.



6-8 sessions



Single session



If you are 16-25,  
you can access  
support here.

The Schools and Colleges Early Support Service is confidential. However, we do work with a key adult in your school or college, who can support you to access the Service and who is our contact for safeguarding purposes. To ensure your safety throughout the support offer, if a concern comes up, then this contact will be notified asap to ensure that you are supported and safe.

Find out more by speaking to your school or  
college's contact.