



Reflexions



What is Reflexions?

- A Mental Health Support Team that includes us as Educational Mental health Practitioners (EMHPs)
- We are a new service for schools in Walsall to help increase access to mental health and wellbeing support and reduce waiting times



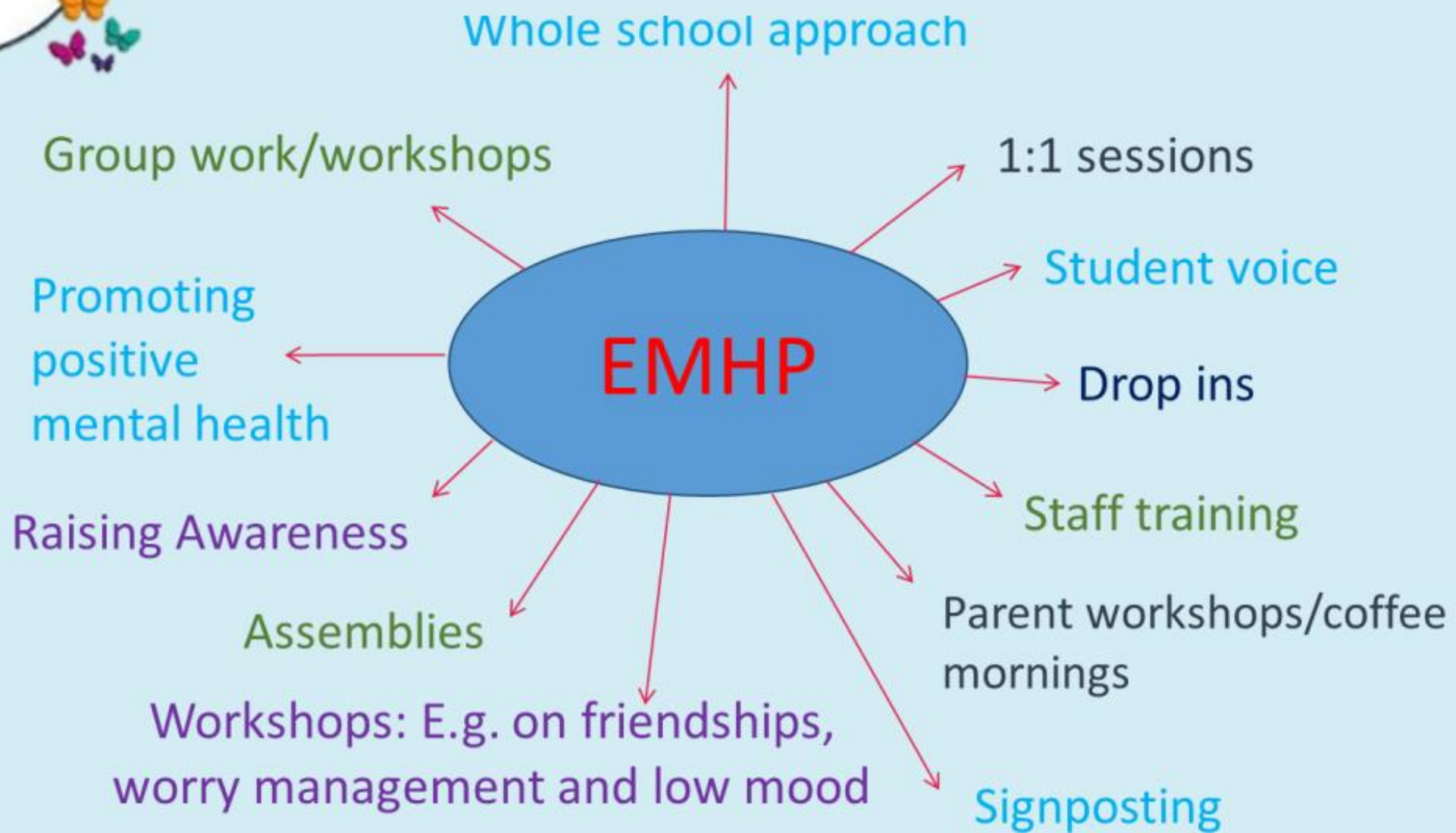


What do we do?

- We offer school based support for children in areas such as anxiety, worry and low mood
- Based on Cognitive Behavioural Therapy (CBT)
- Support schools in promoting mental health and well being



How do we do it?





Referrals

- Free service for school and students
- Referrals to our service come from school
- Speak to the school Pastoral Team or visit the Reflexions website for further information:
<https://www.blackcountryminds.com/>



Supporting your child's Mental Health & Wellbeing



5 ways to well being



www.health-in-mind.org.uk



What to look out for

- New worries/multiple worries
- Behavioural changes
- Refusal to go to school
- Tantrums or panic when separated from parents
- Sleep problems
- Difficulty concentrating
- Withdrawal
- Avoiding situations that make them anxious
- Frequent physical complaints, such as an upset stomach



Signs of anxiety

Palpitations

Headaches

Sweating

Shortness
of breath

feeling sick

Blurred vision

Dry mouth

Tight chest

Shakiness

Muscle pain





Understanding Anxiety

- Anxiety is a normal feeling of fear or panic. It is the brains alarm system which alerts us to difficult, challenging or fearful situations
- It is a physiological, uncontrollable response which stems back from cave man times - fight/flight/freeze
- It can affects our thoughts, feelings and behaviours
- Anxiety becomes a problem when it stops your child from enjoying normal life and may affect school work, friendships and home life



How can parents help?

- Remember that every behaviour is a form of communication
- Acknowledge
- Normalise
- Validate
- Listen





How can parents help?


- Help them to help themselves
- Breathing techniques
- Grounding techniques
- Mindfulness




5 Things You Can See 

4 Things You Can Feel 

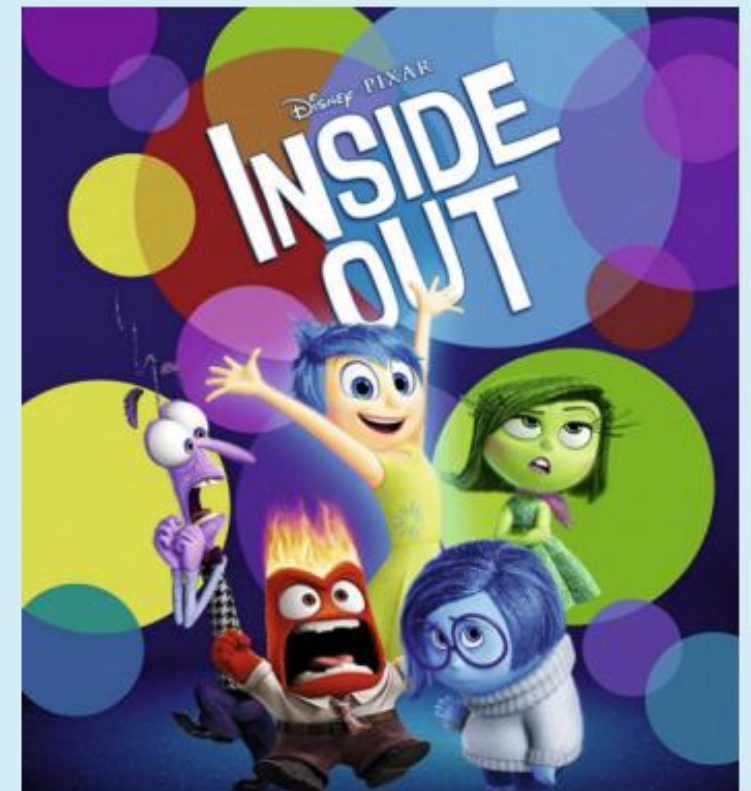
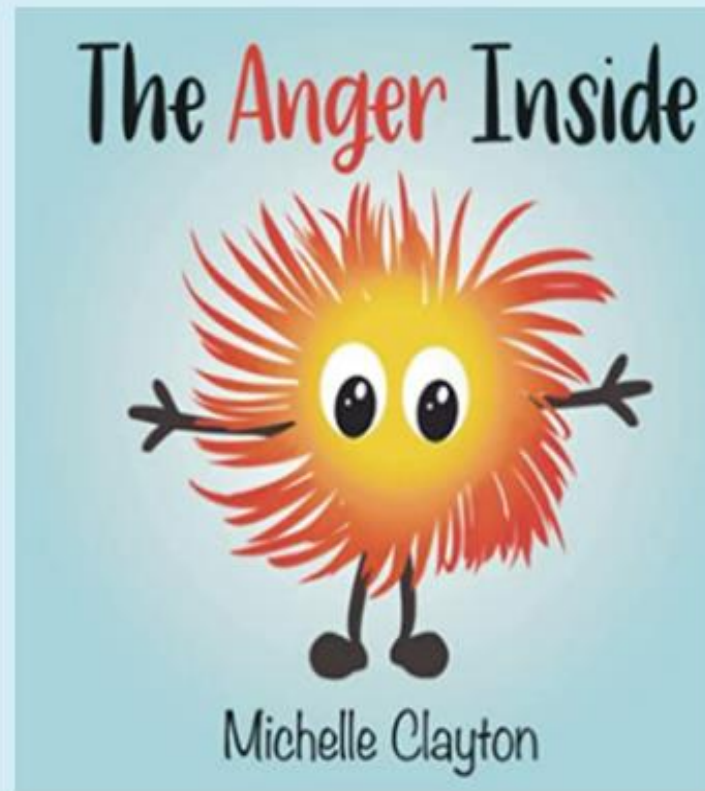
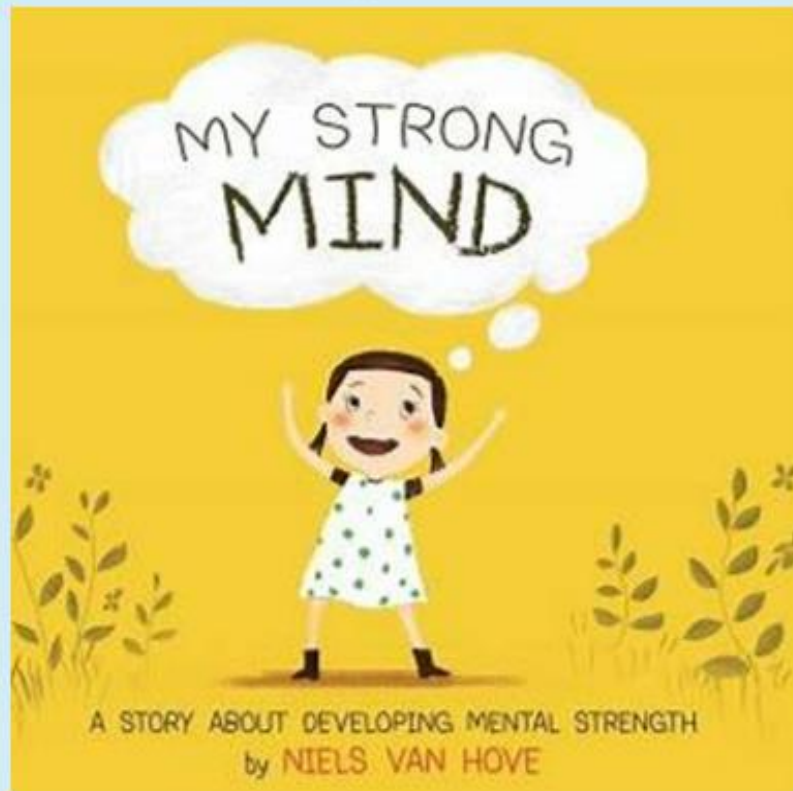
3 Things You Can Hear 

2 Things You Can Smell 

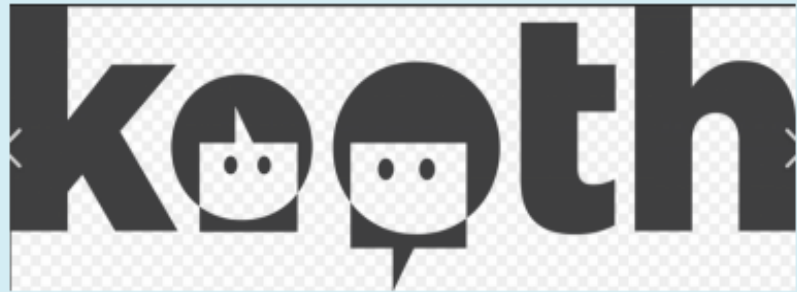
1 Thing You Can Taste 



Social stories



Further support





How do we support ourselves?

- 5 ways to well being
- Self-guided CBT techniques

- Adult IAPT Services
(Improving Access to Psychological Therapies)



Birmingham Healthy Minds



Walsall Talking Therapies



NHS

Black Country Healthcare
NHS Foundation Trust

Thank you for listening!