

*This is an...*

# Introduction to the Reflexions Team

Our logo has been  
created by young  
people themselves



Reflexions means what  
you see in the mirror is  
different to what you are

# What is Reflexions?

We are a brand new  
mental health support  
team within Walsall

We work with 13  
schools across  
Walsall

Primary,  
secondary and  
a special school

We support children and  
young people with  
common mental health  
problems



Offering support for  
children aged 5-17  
years old

# Meet the team

Hello!

- Within the team, there are four Education Mental Health Practitioners.
- We offer school based support.
- The Education Mental Health Practitioner for your school is called Anu.
- In our team, we also have Tamara, Maria and Lyndsey.

EMHPs for  
short



# What do we do?

We provide support to children and young people by teaching them skills and strategies that they can use at home and in school.



We support parents and teachers, to feel empowered when support the children's mental health and wellbeing.

Our aim is early identification of common mental health problems.

We promote positive mental health and wellbeing.

# What is mental health?

- Mental health includes our emotional, psychological and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.





From [mentalhealth.gov](https://www.mentalhealth.gov)

# What support do we provide?

- Worry management
- Anxiety
- Simple phobias
- Thought challenging
- Panic management
- Sleep hygiene
- Low Mood
- Problem solving



# How do we do this?

- We provide the children with 1:1 or group support.
- The support is short-term.  6-8 sessions
- Each session is up to 45 minutes.
- There are tasks for the children to do outside the sessions.  This is also known as self-guided support
- We use evidence-based methods, such as cognitive behavioural therapy.



## Further information

Please speak to your child's school. This could be:

- your child's teacher
- supporting staff
- Mental Health lead
- They will discuss appropriate options for your child.



I look forward to  
speaking to you  
soon!