

Hi, we're Zoey and Emily from the Schools Mental Health Service in Brighton and Hove City Council! We are Education Mental Health Practitioners, working with children who are finding things hard.



Zoey Bell



Emily Huynh

We will be based at St Marks every Tuesday and Wednesday afternoon. We work with children if they are feeling low in mood, anxious, worried or have trouble with sleeping.

- **Low in mood** – when a young person is withdrawing and not doing activities that they used to enjoy.
- **Anxiety/Worry** – when a young person is anxious or worried about things.
- **Trouble with sleeping** – when a young person finds it hard to sleep because they're feeling anxious, worried or low in mood.
- **Phobias** – when a young person is particularly scared of an object or a place and tends to avoid going near it.

We use low-intensity strategies to understand what they're find hard, working **with** them to make changes that aim to make them feel better. **It is important that they want to change.** As we use low-intensity strategies, it works best if the difficulties experienced are mild to moderate.

The Schools Mental Health Service includes us and other mental health professionals, with different experiences and different ideas of what can be helpful for children. We work with each other to make sure that young people are receiving the right support, so there may be times where young people could work better with another member of the team, or with another service. These types of choices would all be done with the young person and your consent as their parent/carer.

If you would like more information, please speak with Hailey Sellins.

