

# Help your students find and choose local support for emotional wellbeing

*As part of DFE funded grant: The Youth Wellbeing Initiative, we offer **FREE** to schools with 6th forms September to December 2015:*

- **Session for staff on how to support young people who are struggling, looking at:**
  - \* coping with stress – self management of behaviour and emotions
  - \* supporting family wellbeing
  - \* seeking help and finding servicesThis could include focus on specific areas of concern such as eating problems, self-harm or bullying
- **Facilitated session for Senior Leadership Team**  
on how to find local services and commission for the emotional health and wellbeing of your school population
- **Session to bring the school together with local voluntary and statutory providers and other commissioners**
- **A report on your students' experiences**  
of low mood, cyberbullying and body image and where students are likely to go for help

To express interest please e-mail [schoolsinmind@annafreud.org](mailto:schoolsinmind@annafreud.org)



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COMMON ROOM

*Participating schools will be involved in an evaluation which will include surveys and brief interviews with staff.*