

## What do we do?

**Working with children and young people:** First you will have an information gathering appointment or initial assessment where we will identify your needs.



**Working with schools:** We work alongside the school's Mental Health Lead (MHL) and school staff to identify, discuss and plan for your mental health and emotional wellbeing needs.

We work with children and young people who may need support with:



**Low mood**

**Exam stress**



**Problems with sleep**

**Low self esteem**



**Anxiety**

## Contact us

If you or someone you know would like to be referred to our service please speak to the Mental Health Lead at your school.

If you would like more information about the Reflexions service please email [bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net) or contact your area's Reflexions team via telephone:

### **Sandwell**

0121 612 6620

### **Wolverhampton**

01902 444 021

### **Walsall**

01922 607400

### **Dudley**

07881 338647  
01384 324 689



**Reflexions is a Mental Health Support Team (MHST), we are a service that helps increase access to mental health support for children and young people in schools.**

Information for children, young people, parents and carers

## What do we offer?

### 1:1 Low/High Intensity CBT

Mental Health assessments

Weekly interventions with young people and their families

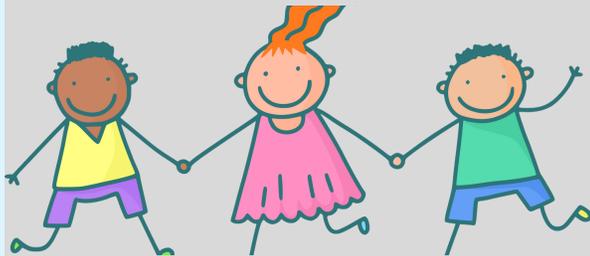


### Whole School Approach (WSA) including:

School Assemblies

Staff Training

Psychoeducational groups/workshops



## In our team we have...

**Leadership Team** which includes Service Manager, Service Clinical Lead, Clinical Leads and Team Leads. The leadership team support the whole of the Reflexions team.

**Educational Mental Health Practitioners (EMHPs)** who will be based in schools as a first point of contact working closely with the school's Mental Health Lead. EMHPs usually carry out your first appointment.

**Specialist EMHPs** who are trained to see children and young people for more complex and high intensity treatment.

**Children's Wellbeing Practitioners (CWP)** who will focus on 1:1 sessions with children and young people.

**Educational Psychologists** who will support your school with mental health whole school approaches, referrals and queries.

**Administrators** who will be your first point of contact when contacting your Reflexions Team.



## Be kind to your mind

Your mental health is just as important as your physical health.

Thoughts, feelings and behaviours (what we do) are all linked together and can impact each other. Sometimes, you can get stuck in a cycle of unhelpful thoughts, feelings and behaviours and this can affect your mental health.

We cannot see our feelings and thoughts, but we know they are there, because we feel them.

Our mental health can change how we feel about ourselves, our bodies, our family or our friends.

Sometimes our feelings can be too big for us to manage on our own – and that's okay!

This might be where Reflexions can help.

