

Sutton Young People's Wellbeing Service

Information for Young People

Do you struggle with anxiety or low mood? Do your worries or mood impact on your daily life?

If you've answered yes, a Young People's Wellbeing Practitioner may be able to help you.

Who we are...

We are Children and Young People's Wellbeing Practitioners. We work with young people who are experiencing mild to moderate anxiety or low mood.

What we do...

We offer up to seven sessions of Guided Self-Help in your school.

We would have an initial meeting to get to know you and hear more about your concerns. We would then have up to six more face to face sessions during the school day.

How will it help?

We will help you to better understand your difficulties, provide you with tools and coping strategies to address them and give you support to put them into practice.

We will help you to tackle distressing thoughts and increase resilience to future problems.

Who we see...

Young People who:

- ✓ Sometimes feel low (e.g. lower energy levels, loss of motivation, no longer enjoying the things you used to, change in sleep patterns, change in appetite, or feeling you want to be alone more than usual)
- ✓ Sometimes feel anxious (e.g. feeling anxious in social situations; feeling panicky; phobias of specific things e.g. lifts; excessive worrying e.g. about exams or friends and family).

**We are unable to see young people who have already received support from Child and Adolescent Mental Health Services (CAMHS).*

What will it involve?

- Attending sessions at school.
- Learning new strategies and trying them out in your own time. *(The more you practice the more improvement you will see!)*
- Parents can come to some sessions if you'd like them to.
- If you're 15 or under, we will need to inform your parents that you are taking part in this programme.

Next steps...

If you are interested in our service please pick up an application form from your school.

