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Compass
Birmingham
Mental Health Support Teams

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HOW WE CAN HELP

We are an early intervention and prevention service to improve emotional wellbeing for children and young people.

To help children and young people manage their feelings, behaviours, thoughts and physical sensations so they can better engage with their learning and education.

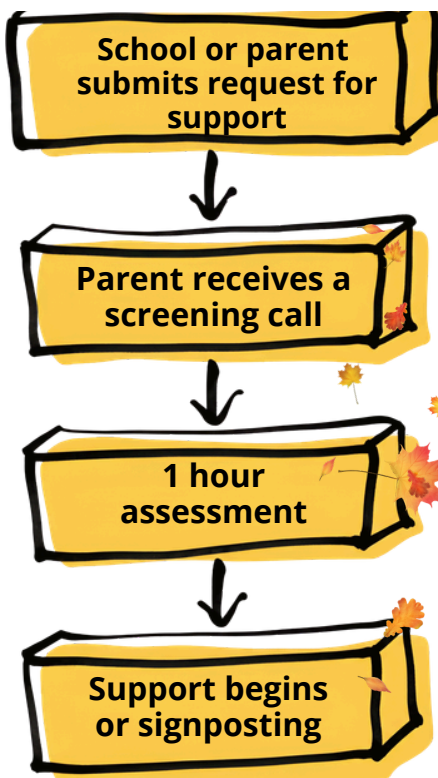
Also working alongside and supporting school staff, parents and other professionals.

We typically support children for between 6-8 weeks, meeting for 45 mins a week in school. We use the thoughts, feelings, behaviours cycle from Cognitive Behavioural Therapy (CBT) help your child to overcome their challenges. At the start we set some goals to work towards and check in with these every week.

Professionals can make referrals and so can parents/carers and young people. These referrals can be for 1:1 support or groups e.g.

friendship/anxiety/worry/low mood/transition/exam stress. We also work with parents directly to support behaviour, emotions and anxiety.

What are the steps involved?



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