



Did you know Reflexions works within your child's school?

We are a mental health support team and we can help your child if they are experiencing difficult emotions or are struggling with their wellbeing!

Be kind to
your mind!

IMPORTANT INFORMATION:

- We provide *low intensity, early intervention*.
- We can provide 6-8 sessions of interventions/support for your child.
- The interventions we deliver involve guided self-help to equip your child with coping skills.
- We ask children to complete tasks between their sessions with us to further help them manage how they're feeling.

Please contact your school mental health lead if you feel your child may need support!

Please know you and your child are not alone. Everyone has mental health and sometimes it deteriorates. Just as you'd seek medicine for a common cold, please seek support for common mental health difficulties!

We can support your child if they are experiencing:

- Low mood
- Anxiety or worry
- Avoidance of certain activities due to anxiety
- Simple phobias (e.g. phobias of spiders)
- Panic
- Poor sleep hygiene
- Negative thoughts
- Exam stress