

Reflexions Mental Health Support Team

The Reflexions team is a growing team made up of a Team Lead, Trainee Educational Mental Health Practitioners (EMHPs), Qualified EMHPs, Specialist EMHPs, Children and Young People's Wellbeing Practitioners and admin.



Meet the team that are attached to Eastfield Primary

Saroj

Trainee EMHP



Elyse

Specialist

EMHP



Sian

Educational

Psychologist



Romalyn

Supervisor/Clinical Team Lead

What do Reflexions do?

They work in schools, education centres & colleges in Wolverhampton to provide early support for mental & emotional wellbeing

They help children and young people, parents, carers and schools to understand and support young people's wellbeing

They support individuals to develop strategies that can help promote positive wellbeing at both home and school

Through the work that they do they hope to empower the children and young people that they meet

What does the support look like?

- Working with children with common mental health problems. Low intensity and high intensity therapy can be offered

1-1 work



- Targeted group work to provide group therapy interventions for children and parent/carers

Group work



- Whole school approach for children, parents and school staff which can include workshops for information giving, whole class work, coffee mornings, assemblies & training for school staff

Whole school approach



What can they help with?...

If you feel like Reflexions could support you, or your child with how they are feeling, in the first instance you should speak with your child's teacher, who can then discuss with you whether it might be beneficial to put in a referral to use the reflexions service.

