

One Education

Educational Psychology Resources

SOCIAL, EMOTIONAL AND MENTAL HEALTH EP TEAM

Children and young people may experience a wide range of Social, Emotional and Mental Health (SEMH) difficulties which manifest themselves in many ways.

These difficulties can cause the child to withdraw themselves from social situations, ultimately isolating themselves which can have a bit impact on their day to day routine at school and ability to make friends. Children and young people can also display challenging, disruptive or distressing behaviours which can reflect underlying mental health difficulties such as anxiety or depression eating disorders, substance misuse or self-harm.

These can have a crucial impact on their development and success in school.

SEMH Educational Psychologists at One Education have a breadth of knowledge and experience in supporting the work of school staff, parents and adults within educational settings, as well as in offering advice and support on strategies to promote good practice in classrooms and with individual pupils.

We provide support for school and academies to meet the SEMH needs of children, young people and staff.

In doing so, we provide:

- Evidence based early intervention work to support schools and academies with their statutory duties around emotional health and wellbeing (for example, positive behaviour management programmes).
- Whole school evaluations on mental health using: outcome measures/self-report/rating scales/questionnaires.
- Consultation, assessment and observation for the purpose of the school, academy and pupil in an assess/plan/do/review cycle. We will discuss the length of involvement and nature of time limited interventions following enquiry.
- Provide psychological input to any risk assessments especially regarding the pupils understanding, strengths and needs.