

## Who are we?

Reflexions provide early intervention, mental health support within Education Settings for children and young people with mild to moderate mental health difficulties.

We work with children and young people who may need support with:

Low mood



Exam stress



Problems with sleep



Low self esteem



Anxiety



## Contact Us

If you, or someone you know, would like to be referred to our service, please speak to the Mental Health Lead at your school.

If you would like further information about the Reflexions service, please contact the team using the contact methods below:

**Telephone: 01902 951 622**  
**Email: [bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net)**

Please note that our telephone line is monitored Monday – Friday 09:00 to 17:00 excluding Bank Holidays.

If you need support outside of our working hours you can call 111 (Option 2) to access local mental health crisis services 24/7.



Reflexions is a Mental Health Support Team (MHST) working in Education Settings across the Black Country to provide preventive and early intervention mental health support to children, young people and their families.

Information for children, young people, parents and carers and Education Settings



Together with you to achieve

**healthier, happier lives**

## What do we do?

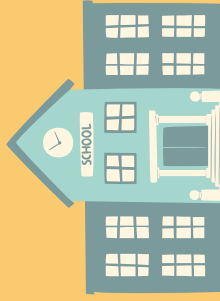
### Working with children and young people and/or their parents:

Reflexions provide Cognitive Behavioural Therapy (CBT) interventions. CBT focuses on your thoughts and behaviours, and how these impact on your emotional wellbeing. We work with children and young people to help them understand their difficulties and support them to learn skills to manage them.



### Working with Education Settings:

Reflexions work alongside the Senior Mental Health Lead and Education Staff to identify, discuss and plan for children and young people's mental health and emotional wellbeing needs.



## What do we offer?

- Mental Health Assessments
- 1:1 interventions with young people and/or their families
- School Assemblies
- Parent/Carer Workshops
- Staff Training for Education Staff
- Drop in sessions
- Psychoeducational Groups and Workshops



We also offer School Holiday Provisions such as workshops to support emotional wellbeing and mental health during the school holidays. If you are interested in attending these workshops, please email [bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net) for more information.

## Be kind to your mind

Your mental health is just as important as your physical health.

Thoughts, feelings and behaviours (what we do) are all linked together and can impact each other. Sometimes, you can get stuck in a cycle of unhelpful thoughts, feelings and behaviours and this can affect your mental health.

We cannot see our feelings and thoughts, but we know they are there, because we feel them.

Our mental health can change how we feel about ourselves, our bodies, our family or our friends.

Sometimes our feelings can be too big for us to manage on our own – and that's okay!

This might be where Reflexions can help.

