



EMOTIONAL WELLBEING TEAM

Emotional Wellbeing Team



Who are we?

We are Emotional Wellbeing Practitioners who work in your school to try and help you to feel happy, confident and to do well at school and at home.

What do we help with?

- If you feel worried, fearful or nervous a lot of the time then we can help your parents to support you with this
- Or if you get angry and get into trouble for your behavior then we can work with you parents to help you overcome these difficulties.



What else can you offer?

We also offer some groups and workshops such as 'moving to secondary school', 'coping with exam stress' and other workshops to help you to feel happy and confident.

What do I do if I want some support?

You or your parents can speak to your teacher or a member of the Emotional Wellbeing Team for more information or for support.

Also
don't forget
to look out for
any upcoming
workshops!





If you would like this information in Braille, large type, in another format or in another language, please ask a member of staff. (English)

Bu bilgileri büyük yazı tipinde Körler Alfabesinde, başka bir biçimde ya da başka bir dilde okumak isterseniz lütfen bir görevliye danışın. (Turkish)

Nëse këtë informacion do e dëshironit në Braille, font më të madh, në format tjetër apo gjuhë tjetër, ju lutem pyesni një anëtar të personelit. (Albanian)

Se desejar obter esta informação em Braille, num tipo de letra maior, noutro formato ou noutro idioma, por favor peça a um membro do pessoal. (Portuguese)

আপনি যদি এই তথ্যটি ব্রেইলে, বড় হরফে, অন্য ফরম্যাটে বা অন্য ভাষায় পেতে চান, অনুগ্রহ করে, কর্মীদের একজন সদস্যকে তা জানান। (Bengali)

در صورت تمایل به دریافت این اطلاعات به صورت بزرگ، چاپ درشت، یا سایر فرمت‌ها یا زبان‌ها، لطفاً درخواست خود را با یکی از کارکنان ما مطرح کنید. (Farsi)

Jeżeli chcieliby Państwo uzyskać niniejszą informację zapisaną w alfabecie Braille'a, dużą czcionką, w innym formacie lub w innym języku, prosimy zwrócić się w tej sprawie do członka personelu. (Polish)

Si vous souhaitez obtenir ces informations en gros caractères Braille ou dans une autre langue, veuillez le demander à un membre de l'équipe. (French)

நீங்கள் இத்தகவலை பரெய்வியில், பெரிய எழுத்துகளில், வேறு ஃபார்மேட்டில் அல்லது வேறு மொழியில் பெற விரும்பினால், ஊழியரிடம் கேளுங்கள். (Tamil)

إذا أردت الحصول على هذه المعلومات بطريقة بزرگ، أو بحروف كبيرة، أو بصيغة أو لغة أخرى، يرجى طلب ذلك من أحد أعضاء فريق العمل. (Arabic)

Если вы хотите получить эту информацию на языке Брайля, напечатанную крупным шрифтом, в другом формате или на другом языке, пожалуйста, обратитесь к любому сотруднику. (Russian)

Need this in a different language?

For copies of this information in a different language, or a different format, please contact the **Equality, Diversity & Inclusion Team**

Equality&DiversityAdmin@nelft.nhs.uk

0300 555 1201 Ext 65076

NELFT provides community and mental health services for people of all ages in Essex and the London boroughs of Barking & Dagenham, Barnet, Haringey, Redbridge and Waltham Forest, as well as Kent and Medway.

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