

The Facts

Did you know?

We provide low-intensity CBT sessions for mild to moderate anxiety and low mood. We will also give support to staff for other needs such as EBSA, self-esteem and anger.

During the school year, our teams have done over 2,100 informal advice sessions in schools. About 75% of these resulted in us being able to support schools to put in place strategies or interventions to support young people in education.

Additionally, we have completed over 4,500 whole school approach interventions. These include lessons, assemblies, staff training and more.



The staff were welcoming and accepting. They were kind and helped me realize how to overcome and help my anxiety.

Our outcomes consistently show, from both a clinical report and patient reported perspective, that our interventions support people with their recovery.

When we complete sessions, we request feedback called an FFT to help us improve. We have some of the highest FFT returns in the trust!

You said...

...we did