



Emotional Wellbeing of Children and Young People

Children and young people sometimes need support in identifying their feelings, learning to safely express these feelings and at times, to recognize their unique qualities that make them who they are!

The Emotional Wellbeing Service works on the principal that all children and young people experience difficulties at some time with how they feel and that with the right support, at the right time these difficulties can be overcome, and children can thrive.

The Emotional Wellbeing Service is here to help children and young people across Teesside, who are experiencing low level emotional difficulties. We do this in partnership with local schools and Local Authorities. Please contact The Bungalow Partnership or your child's school to see if they are a partnership school.

Who We Are

About Us

The Bungalow Partnership provides therapeutic and emotional wellbeing support to children, young people, families and practitioners across the Tees Valley.

We are a multi-disciplinary team with a range of experience in therapy, counselling, education and social work.

Our work in schools across Middlesbrough, Redcar & Cleveland, Stokesley and Stockton involves both individual and group therapeutic work.

We provide training, support and supervision to practitioners within the children's workforce and offer consultancy to schools regarding the emotional wellbeing needs of the children within their care.

Find out more by visiting our website or contact us at:

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EMOTIONAL WELLBEING SERVICE

THERAPEUTIC SUPPORT FOR CHILDREN, YOUNG PEOPLE AND PARENTS



The Bungalow Partnership



Emotional Wellbeing Service – Supporting children and young people to thrive

Providing:

- **Support** to children and young people to help them explore and express their feelings.
- **Creative Experiences** to ensure children and young people feel safe, have fun, learn new ways to express their feelings and gain confidence in themselves
- **Practicing** new strategies to help them to relax and learning to reflect on their responses and behaviour over the course of their support.
- **Individualised** support that meets the individual needs of each child/young person

How the Emotional Wellbeing Service works

The Bungalow Partnership's Emotional Wellbeing Service, aims to help children and young people who have low level emotional difficulties and require some support. It is an early intervention model that aims to prevent young people from requiring more intensive therapy or Mental Health support at a later stage.

We do this in a range of ways including:

- **Individual sessions** for children and young people, led by our Emotional Wellbeing Workers, many of whom are undergoing training in counselling, play therapy, psychology and social work.
- **Drop-in sessions** wherein children and young people have access to a weekly or monthly advice and support service within schools.
- **Self Esteem Groups** for targeted pupils who would benefit from attending a six week self-esteem group, delivered by two Emotional Wellbeing Workers.



Helping Schools to reach more children and young people

- Intervening early can reduce the onset of more complex emotional and mental health difficulties in young people.
- Providing Emotional Wellbeing Support within schools promotes a positive school environment, where children feel supported and safe.
- Our Emotional Wellbeing Workers receive training, induction and ongoing supervision to ensure that their practice is safe and effective in helping young people.
- The Emotional Wellbeing Service is flexible in supporting children with both short term and longer term lower level emotional wellbeing needs. This supports schools to ensure that the needs of every child in their care is met effectively.