



## CONTACT US

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## School Services

There are times when employees need more support than their personal or professional networks can provide.

We offer a wide range of therapeutic services from counselling, CBT and psychotherapy to specialist trauma therapies.

As an organisation, you can signpost your people to us; work with us on a case-by-case basis, or provide drop-in clinic hours to your employees.

### FOR STUDENTS

#### Signposting

Are you a teacher and/ or a member of the school pastoral team? If you are, there may be a time when a student and/or family needs more support than you can provide.

According to NHS statistics, in 2022, 18% of children and young people aged 7-16 had a probable mental disorder. Schools are very likely to have seen the effects of this rise.

We can support with early intervention and more complex needs where they arise. If a child or family at your school needs some additional support, you can signpost them into our services. Depending on the location of the school and the needs of the family, we may be able to offer in school support.

### FOR TEACHERS

#### Supervisions

In order to support children and young people with their challenges, pastoral team and headteachers might need some support themselves.

We can schedule supervision sessions at a frequency that suits your team; this may be every other week, every three weeks, monthly or even bi-monthly.

Supervisions allow staff a confidential space to speak about their own professional challenges and to gain clinically informed support and skills to better help and care for their students.

Inspire Wellbeing Services can work with you and your teachers in ways that fit you and your school. Any support package we put together is tailored to the needs of the school.