

Intervention type	To help with	Length of time
1-1 work with children (8 years +)	<ul style="list-style-type: none"> Anxiety management Low mood Sleep hygiene Phobia Emotional regulation Self-esteem 	6-8 1 hour sessions
Parenting interventions	<ul style="list-style-type: none"> Anxiety management Challenging behaviour and conduct problems 	6-8 1 hour sessions
Group interventions	<ul style="list-style-type: none"> Mind and mood (anxiety and low mood) Anxiety 	6-8 1 hour sessions. <i>Groups take several weeks to set up to ensure appropriateness of participants.</i>
Psychoeducation	On various topics (such as exam stress, transitions, attachment)	Usually one off sessions– between 1-3 hours long.
Guided self help	<ul style="list-style-type: none"> Sleep hygiene Diet Emotional regulation Self-esteem 	6-8 1 hour sessions
Whole School Approach (overall)	<ul style="list-style-type: none"> Support with policies and procedures 'Respectful school toolkit' Mental Health Audit 	On-going throughout the year in consultation meetings.
Whole School Approach (targeted)	<ul style="list-style-type: none"> Classroom observations Class lessons 	One off sessions
Consultations	<ul style="list-style-type: none"> Mental health lead – advise and sign post, referrals Consultee consultations (teacher drop ins)- EMHP/CYWP/MHP with appropriate staff member 	One off sessions