

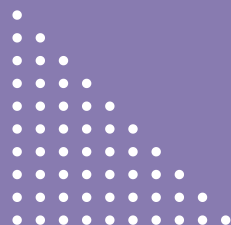


Who Are We?

We are Educational Psychologists. Our job is to support children and young people alongside their families, schools and communities. Sometimes children and young people might need a wee bit more support and we might be able to help with that.

Some of the things we might help with include:

- helping you feel listened to
- helping with relationships
- supporting your mental health and wellbeing
- school issues including support for your learning
- helping you manage worries about the wider world or your community



What Happens Next?

If you think we can help, you can contact us directly or through a trusted adult. If an adult has given you this leaflet, they may think that we can help. We will only get involved if you are happy with that.

If we get involved, we might continue to support you and the adults around you, or you may feel after a while that things are better and you no longer need our help.

If things change in the future, you can always contact us again.



Your Rights

You can ask for support from our service at any point. We will help make a plan with you about what that support might look like and always check that you are happy with it.

Your parents/carers or teachers can contact us but they should check with you **first** that you are happy with this.

If you are under 16, we may ask your parents/carers permission for us to be involved but we would seek your permission too.

You have a right to share your views, and it helps us to help you if we can share your views with others.

There may be times that you do not want us to share your views. We can keep this private as long as we are not worried about your own or someone else's safety.

WHAT MIGHT WE DO?

If you were finding something tricky, your parents/carers and other adults around you might try and help to make things better. If things continue to be tricky, they might ask us to help.

Some of the things we might do to help could be:

- Come to a meeting to hear about your strengths and what you might be finding more difficult. We might suggest some things for school and/or home to try.
- We might speak to adults who know you well, for example your teachers, parents/carers, social worker or speech and language therapist.
- We might speak to you to hear your views.
- We might visit you in your class, playground and around the school and sometimes at home. We might see some of your work or do some activities with you.

CONTACT US

By Phone: 01463 644400

By Email:

Highlandcouncilpsychologicalservice@highland.gov.uk

Our Blog:

<https://highlandcouncilpsychologicalservice.store/>

You can also contact us through

Just Ask - a helpline available every **Tuesday** and **Thursday**

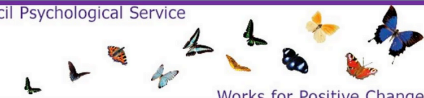
between **1pm and 4pm**: contact number **0300 303 1365**

HIGHLAND COUNCIL
PSYCHOLOGICAL SERVICE

LEAFLET FOR CHILDREN & YOUNG PEOPLE

WHO ARE WE AND
WHAT DO WE DO?

Highland Council Psychological Service



Works for Positive Change