

Who can access support?

Our community based sessions are aimed at children/young people who are struggling to attend school, out of school, or being home educated. To be referred to these sessions the following criteria must be met:

- The CYP must not be under CAMHS or Harrow Horizons
- The CYP must be 5-16 and experiencing ill mental health.
- The CYP must have low attendance, be refusing school or being home educated
- The CYP must live in Harrow
- The CYP's parent/carer must consent to the referral and be able to attend the session with the CYP.

Our school based support sessions are open to the school's pupils.



If you are a professional or a Parent/Carer and would like more information on the Wellbeing Service, please contact us at:

E: harrow.sendias@family-action.org.uk

W: [harrow-sendias.org.uk](https://www.harrow-sendias.org.uk)

Facebook: Harrow SENDIAS

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Family Action Harrow



Children and Young People Wellbeing Service Information for Professionals and Families

www.family-action.org.uk

Who we are:

Family Action, Harrow SENDIAS are pleased to be delivering our new Children and Young People's Wellbeing Service.

Our team are trained in delivering Protective Behaviours work and supporting children, young people and their families with complex needs.

We are offer our wellbeing support service in schools and in the community.

What Does the Wellbeing Service do?

We run wellbeing support courses for children/young people within schools and offer master classes for children/young people and their parents in the community using Protective Behaviours.

What is Protective Behaviours?

Protective Behaviours provides a strong framework for personal safety, self-esteem, resilience and confidence building.

What does Protective Behaviours help with?

- Exploring being safe, happy & healthy
- recognising uncomfortable feelings
- creating safe networks
- managing difficult feelings and situations
- strategies for managing feelings
- unwritten rules and beliefs
- the link between our feelings, thoughts and behaviours
- Building relationships

