



Mental Health and Well-being Service



Looking for mental health and well-being support for students?

All services are **FREE** for Bristol Schools

Who are we?

Barnardo's is a children's charity, and we are part of the Southwest Vanguard NHS system.

HEAL: Helping Empower Adolescents Lives, are a Mental Health and Wellbeing service which works to educate and support those affected, indirectly, by violence in their community.

What do we offer?

- * **Small group sessions** (6– 8 weeks) for up to 8 young people working with a practitioner on healthy strategies to feel mentally well
- * **Workshops and Assemblies** covering topics such as sleep, anxiety, low mood and emotional regulation

The sessions utilise a CBT approach, as well as methods suggested by Dr Karen Treisman, to best understand and create positive change for children and young people, using a trauma informed lens.

To find out more, or make a referral, please contact:

oldmarketservices@barnardos.org.uk

0117 9349726



Believe in children
Barnardo's