

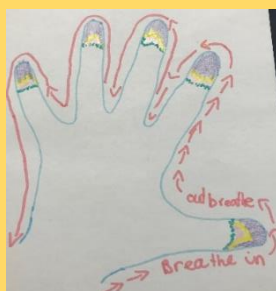
We help children who find it tricky to manage how they feel or behaviours that they do.

Some of these feelings might be: feeling sad, worried or angry at home or at school

Someone from the WEST team can work with you with these feelings or behaviours.

We will:

- Meet together 1-hour every week
- In person or over video call at school
- Over 8-10 weeks



We will set goals together about things you would like help with.

What do we do?

These might be things like...

Goals

How can I get help?

"To learn new strategies to help me feel calm,

"To not get angry towards other people as much"

Any adult you trust can help you to get WEST sessions.

If you think you might want to work with WEST, you can ask your parent/carer or an adult at school to speak to us:

0208 937 1764

west@brent.gov.uk



"I feel like I have more control over my worried thoughts now"

– 11 year old boy, Christ Church CE Primary School

