

## Emotional Health & Wellbeing Work

**We offer intensive 1-1 support to young people aged 11 – 19 and currently deliver this service in 13 secondary schools in Leeds.**

1-1 support is a service for individuals to access if they would like to speak to someone in confidence. It is a way of dealing with issues that are specific to the individual. They can talk about issues with school, problems at home, peer pressures, offending, relationships, anger management and self esteem; anything that matters to them that they want advice and support with.

### How it works

Young people are referred through the school / cluster and offered support sessions inside or outside of school. The support is weekly and uses interactive and creative methods to engage young people around their support needs. The support is initially for 8-12 weeks but can be reviewed and extended where required.



### Case study

Jake was struggling in school with his behaviour and managing his anger. His relationship with his mum was worsening and school did not know how best to support him. Jake was referred for Renew individual support and through conversations with his support worker agreed to family mediation.

Through the individual support Jake identified ways of managing his emotions and was encouraged to improve his behaviour within school. Family mediation with Jake and mum facilitated improved communication and a stronger relationship.

The school informed us that they saw a great improvement in Jake's behaviour and outlook.

For more information please call: 07496 888657  
or contact school.