

Worried about your child's wellbeing?  
Want to know what support resources  
are available?

### Education Wellbeing Practitioners (EWP) and Mental Health Practitioners (MHP)

Kingston College have a partnership with the NHS through their Trailblazer scheme. We have an EWP and an MHP based at Kingston College for 2 days a week. They offer preventative, early intervention mental health support on a one to one basis for 6-8 weeks.

### Workshops

The EWP and MHP offer a wide range of workshops for students. Students and their tutors can book on through Eventbrite. Some of the workshops on offer include:

- Improving Sleep
- Building Resilience
- Boosting Mood
- Improving Self-Esteem
- Managing Exam Stress
- Developing Emotional Intelligence
- Managing Stress and Pressure
- Motivation
- Understanding Procrastination and learning how to manage it
- Managing Panic
- Managing Difficult Thoughts
- Healthy Masculinity
- Healthy Relationships
- Transitioning to college life
- Mindfulness

If you would be interested in attending a workshop for parents around supporting young people attending college or to hear more about workshops for students, then please feel free to contact the EWP and MHP at:

[FEWellbeing@swlstg.nhs.uk](mailto:FEWellbeing@swlstg.nhs.uk)