

Worried about a



young person's mental health or wellbeing?



**Educational Psychology
Services in Tayside can help!**

Did you know?



Every school
and nursery has
an educational
psychologist.



We provide

- **consultation, support and advice** for school staff and parents to support wellbeing for their pupils and themselves.
- **help to assess** if a young person has an **additional support need** that is getting in the way of good mental health.
- **support in schools** for some individual young people where there are concerns about their wellbeing such as anxiety and low mood.
- **workshops** on coping with exam stress.
- **resilience and coping skills resources** for schools.
- **support to schools** so that they can be prepared in the event of a **sudden bereavement** or **critical incident**.
- **staff training** on attachment, nurture, ACEs, the teenage years, behaviour, mental health and wellbeing, autism, or any other topic linked to psychology, mental health or child development.
- **support to schools to design and evaluate projects** to help improve the mental health of their pupils.

To find out more, contact



Dundee:

Dundee Educational Psychology Service, St Ninian's Primary School, Dochart Terrace, Dundee, DD2 4HB, Tel 01382 432980

Angus:

Educational Psychology Service, Angus House, Angus Council, Orchardbank Business Park, Forfar, DD8 1AN, Tel 03452 777 778

Perth and Kinross:

Educational Psychology Service, 2 High Street, Perth, PH1 5PH, Tel 01738 476242