



Action For Children

September 2021

Dear Parents/Carers/Guardians,

I would like to introduce myself to you as the Service Co-ordinator of the Changing Lives Mental Health Support Team, (part of Action for Children).

We are a team of Mental Health Practitioners based within the Ilkeston Enterprise Ormiston Academy and work with all schools within the Ilkeston area. We are an early intervention service that offers short-term, evidence-based interventions (6-8 sessions) to children and young people identified to have mild-moderate signs of anxiety/low mood. These 1:1 sessions are for children in secondary school. We also offer parent-led CBT sessions for Primary-aged children who have been identified to be struggling with their emotional wellbeing and group sessions for children with low self-esteem, exam stress and friendship worries.

We have just come through unprecedented times and we are finding an increasing number of young people/families are struggling with their mental health and our service is here to help. If you feel that your child is struggling, please speak to the mental health lead within your school as they can submit a referral on your behalf or alternatively you can self-refer.

We can also support in signposting families to services appropriate to their needs if our service is not appropriate.

I have attached a leaflet with this letter explaining our services.

Kind regards,

Rachel Zilate

Service Coordinator

Changing Lives Derby & Derbyshire