

Emotional Wellbeing Service

CXK's Emotional Wellbeing Service is a confidential service committed to improving and promoting the emotional health and wellbeing of children and young people aged 5-19 across Kent.

Key Information:

The service works with children and young people aged 5 -19, who are experiencing emotional difficulties such as:

- Low mood
- Mild anxiety
- Unhealthy coping strategies

CXK's Emotional Wellbeing Service provides counselling and brief solution-focused interventions which build emotional resilience and coping strategies.

All of our Emotional Wellbeing practitioners are qualified counsellors, and all sessions between the child / young person and CXK are confidential, with the exception of any safeguarding concerns.

As part of the service, up to 6 sessions of counselling are offered, either via telephone or face-to-face – whichever is most appropriate for the child / young person.

We support children and young people who are experiencing a variety of difficulties in their lives. Key triggers for these difficulties can include:

- Bullying
- Death or critical illness in the family
- Domestic abuse
- Family break up
- Sibling conflict
- Poor home environment
- Transition/change

How can I access the service?

All referrals to the service are made directly to KCHFT via their Single Point of Access (SPA). To start the process, visit: kentcht.nhs.uk/forms/school-health-service-referral-form. Alternatively, please email kchft.schoolhealth@nhs.net or call **0300 123 4496**.

CXK
inspiring people to thrive

Emotional Wellbeing Service

