**Educational Psychology in CAMHS Consultations for Schools**

A weekly consultation service is available for any member of staff from Essex school/settings to have a one-off confidential consultation with one of the Educational Psychologists (EPs) who are linked to the Child and Adolescent Mental Health Service (CAMHS).

The consultation gives staff members the opportunity to discuss an area/s of concern related to emotional wellbeing/mental health (anonymous in terms of pupil names) and develop an understanding of how to respond in these situations to better support needs in your school/setting. Discussions can be around general themes.

For example

* Unsure what to do next to help a child or young person with low mood?
* Wondering how to support a young person with anxiety?
* Looking for ways to better understand a child or young person’s behaviour?

Consultations will take place on Thursdays (term time only) and will be delivered using Microsoft Teams (unless telephone only is requested)

To book your 30-minute virtual consultation with an Educational Psychologist please use our new online booking system

[Educational Psychology in CAMHS school consultation (office365.com)](https://outlook.office365.com/owa/calendar/EducationalPsychologyinCAMHSschoolconsultation@EssexCountyCouncil.onmicrosoft.com/bookings/)

If you have any further questions please contact

[educationalpsychologyCAMHS@essex.gov.uk](mailto:educationalpsychologyCAMHS@essex.gov.uk)

**Please note this is NOT a referral route into any other services.**

For significant concerns about an individual pupil, schools need to refer to

the CAMHS Single Point of Access (SPA) on 0800 953 0222.