Support to Thrive A a ab

0 5 R ASB 38 FO HELP STUDENTS

We currently work in partnership with Thurrock & Brentwood Mind, Essex County
• Understand the link between
Council, as well as Castle Point & Rochford the way they think, feel, and

behational & mental wellbeing.

• Build a wider support network. 'Support to Thrive' helps young people to
• Increase self-esteem & explore their thoughts & emotions, & helps confidence, all within a 'Person-centred' approtesting the suppose is based on the indivious all needs of the young person. The support is offered both during, as well as efter regulate their emotions. as well as after school hours".

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The sessions are aimed at students that could benefit from early intervention, & short-term emotional ssR

