

# Support to Thrive

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OUR AIMS TO HELP STUDENTS

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

- Build a wider support network.
  - Increase self-esteem & confidence
  - Learn skills for overcoming challenges.
- The support is offered both during, as well as after school hours".
- Better regulate their emotions.
  - Remain in education.

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

