

SUPPORT WE OFFER

Support is evidence based and centered on a low intensity cognitive behavioural therapy (CBT) approach

- Psychoeducation classes for low mood and anxiety.
- Behavioural Activation for low mood/depression.
- Graded Exposure for fears/phobias and panic.
- Thought Challenging and Behavioural Experiments for worry and anxiety.
- Parent Led Cognitive Behavioural Therapy (CBT) for anxiety (aimed at children aged 5-12 years)
- Treatment of mild symptoms of OCD (Exposure and response prevention)

Contact Us

If you feel work with a member of the Piece of Mind team would be helpful and your education setting has access to us, you can make a referral via the mental health lead or a member of staff in your education setting.



Piece of Mind

County Durham

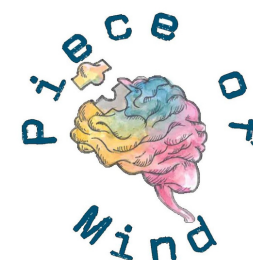
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Information for young people, families and carers

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Who are Piece of Mind?

We offer early intervention to help children and young people who are struggling with mild to moderate symptoms of anxiety and/or low mood and their families.

Who we work with

We work with children and young people who may be struggling with these difficulties:

- Low mood
- Worry
- Fears
- Panic
- Social anxiety
- Separation anxiety

At your initial assessment...

Your first appointment with your practitioner will last between 30 and 45 minutes. You will be asked lots of questions which will help us to understand your problem and to decide the best way we can help you feel better. We will also help you to set a goal which you would like to work towards.

Your first appointment can feel a little scary but try to remember that you are doing the best thing to help yourself begin to feel better!

How will the Piece of Mind help me feel better?



Your thoughts, feelings and behaviours (what we do) are all linked together and have an impact on each other.

Sometimes, you can get stuck in a cycle of negative or unhelpful thoughts, feelings and behaviours and this is when you can begin to struggle with your mental health.

Piece of Mind can help you to break that negative cycle and begin to feel better by helping you change some of your thoughts and behaviours.



What should I expect?



- You will be offered between 6-10 sessions dependent on need.
- Sessions with Piece of Mind are usually weekly and last between 30 and 45 minutes.
- Your practitioner will help you learn new skills to change your unhelpful thinking and behaviour.
- It will be important for you to practice these skills at home and your practitioner will help you to plan tasks to do this in between sessions.
- You will receive support that is based on research and evidence - interventions we know work!

All of these things aim to help you **Feel Better!**

