



Early Help

Early Help means taking action to support a child, young person or their family early in the life of a problem, as soon as it emerges. It can be required at any stage in a child's life from pre-birth to adulthood, and applies to any problem or need that the family cannot deal with or meet on their own. It also applies to all children and young people, with any form of need.

In the Academy we have a variety of interventions to support our students in areas such as

- Mentoring
- Anger management
- Aspirations
- Anxiety
- Attendance
- Behaviour management
- Exam anxiety
- Transition
- Mental health
- Girls on board
- Social skills (1-1 and groups)
- Low mood/depression
- Emotional regulation
- CBT
- Self esteem
- Healthy relationships
- Bullying (perpetrator and victim)
- Bereavement
- SEMH (Hidden Chimp and Talk about)
- Racism
- Drawing and Talking

If you feel your child would benefit from this level of early help please contact your pastoral manager for more information.

If you feel a more targeted approach is needed and access to additional services outside of the Academy, Denise Hopkins can help undertake an Early help assessment with you or you can self-refer via Family connect form attached the Locality will be able to advise you on what support is available. This will be done either by giving advice, signposting to services and community support or linking to early help workers within the locality

- <https://www.birmingham.gov.uk/Covid19CYPF>.