

ACT ON IT

ActOnIt is designed to provide children and young people with the skills and techniques to better manage their own emotional wellbeing and improve their confidence and self-esteem.

This will result in students who cope better with stress, anxiety and life challenges, to enable them to participate fully in life and learning.

ActOnIt is for any students in year 6 or above.

ActOnIt will support students to:

- Improve their confidence & resilience
- Develop strategies and techniques to improve wellbeing
- Encourage healthy relationships
- Manage low level mental ill health
- Deal with and tackle conflict
- Adjust to high school
- Cope with exam stress
- Access other appropriate services

Students that may benefit include those who:

- Experience low self-esteem or lack of confidence
- Face adversity
- Have caring responsibilities
- May struggle with life at home
- Have difficulties coping with the high school transition
- Experience low level mental or physical ill health

ActOnIt will support your students via:

Dedicated 1:1 appointments:

- Individual tailored support plans and goal setting
- Drop in sessions
- Supported participation in activities
- Assisted communication between children and parents
- Supported decision making

Group work:

- 'Blues' and 'Bouncing Back' programmes
- Facilitated peer support

ActOnIt group support consists of 2 key elements; The Blues programme and Bouncing Back

Blues programme is an early-intervention evidence-based CBT programme designed to equip young people aged 13-19 with tools and techniques to help manage anxiety and depression. The group work intervention is delivered over 6 weeks and is an interactive mix of in-session learning and home practice of cognitive reforming techniques which can help young people manage their day-to-day emotional wellbeing and reduce the risk of more intense mental health issues.

Bouncing Back is an early-intervention resilience-building CBT informed programme for young people age 11-19 years old to support the mental health and wellbeing of young people.

Delivered over 2 weeks it comprises group discussion with practical tools and coping skills which enable children and young people to manage their day-to-day emotional wellbeing and reduces the risk of more intense mental health issues.

ONSIDE is a local charity working across Worcestershire & Herefordshire to provide a wide range of services that aim to ensure fairness and equality, improve physical and mental health and wellbeing, and give people a voice in decisions that affect them. Onside work with people who may be vulnerable, disadvantaged or simply finding life's challenges difficult to help them live the best life possible.

Action for Children is a UK charity which protects and supports vulnerable children and young people by providing practical and emotional care and support, ensuring their voices are heard and campaigning to bring lasting improvements to their lives.

For information please visit our website at: www.onside-advocacy.org.uk/actonit

For general ActOnIt enquiries please contact: actonit@onside-advocacy.org.uk

ActOnIt is delivered by ONSIDE and Action for Children in partnership with Worcestershire County Council

