

# ST HELENS RESILIENCE SERVICE

Offering emotional wellbeing and resilience support  
to all secondary aged children and young people

**Support for you, when you need it**



- **Group workshops**
- **1 to 1 sessions**
- **School drop-in sessions**
- **Staff training**
- **Parent/carer webinars**
- **Staff support**
- **GP networks' support**

Following Barnardo's evidence-based  
CSSO Delivery Framework®

We understand that every young person  
is unique and their support is tailored to  
them as individuals.

**BARNARDO'S**

Changing childhoods. Changing lives.

# St Helens Resilience Service

## SCHOOL DROP-IN SESSIONS

Therapists and mental health professionals offer regular ad hoc drop-in sessions at school, ensuring support is available whenever it's needed.



## 1TO1 SESSIONS

Experienced therapists and mental health practitioners provide brief, evidence-based therapy sessions focused on building resilience, delivered in school and community venues.



## Group workshops

### Calm skills

Understand anxiety by recognising its effects and common triggers. Learn practical strategies to confidently manage anxious thoughts and emotions.

### Bounce Back

Improving wellbeing by building confidence, resilience, and support, while teaching positive ways to cope with stress and challenges.

### #Unfiltered

Empowering young people to embrace their individuality through creative activities that build confidence, highlight personal strengths, and promote body positivity.

### Decider skills

12 easy-to-use skills based on Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT), designed to help you feel more in control and confident in everyday life.

### Real love rocks

Understand what healthy, safe, and respectful relationships look like, and learn how to build positive connections based on consent, boundaries, and respect.



# How to make a referral

Please download and complete the referral form available on our website or via the QR code.

We welcome referrals from professionals, as well as self-referrals from young people and their families.



## Referral criteria

- Secondary school-aged young people
- Currently attending a school in St Helens or registered with a St Helens GP
- Experiencing mild to moderate emotional wellbeing concerns, which may include:
  - Anxiety
  - Low self-esteem
  - Low mood
  - Reduced resilience or coping skills
  - Difficulties with emotional regulation



Scan the QR code or contact us

☎ 07783 763382

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📍 [@barnardoswellbeingsth](https://www.instagram.com/barnardoswellbeingsth)

Alternatively speak to a school staff member.



**RESILIENCE  
SERVICE**

In partnership with

