

## NESSie has 4 legs:

### 1. Student Support, 0-25 year olds

We provide quality assured arts therapists and counsellors who have experience working in a range of settings including early years, nursery, primary, secondary schools and special educational needs (SEN) settings. We work both 1-1 and in groups, commissioned locally or funded directly by schools.

### 2. Staff Training and Support Forums

Staff Forums offer support and information sharing. Themes arise from the needs of the group which may include emotional literacy, anxiety and resilience, bereavement, understanding attachment behaviours and sharing good practice.

### 3. Linking closely with outside agencies

These services include schools, local CAMHS commissioners, National funding bodies, DSP/L management groups, local mental health and well-being groups and services. We are affiliated with the Anna Freud Centre, The Judge Business School (Cambridge) and Anglia Ruskin University (Cambridge)

### 4. Parent/Carer Support Forums

Parent Forums have been developed locally as a platform where ideas and experiences can be shared and supported. Training, advice and information is provided by qualified therapists, and is an opportunity to network and connect with other parents.

## Contact us:

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For more information please visit:

[www.nessieined.com](http://www.nessieined.com)



# NESSie



Supporting Positive Mental  
Health in Schools



## Trainings include:

- A foundation in positive emotional and mental health
- Anxiety and developing resilience
- Anxiety in early years
- Bereavement and loss
- Self-harm level 1
- Self-harm level 2: Safeguarding and risk assessment (suitable for DSP's)
- LGBT foundation
- Assessment and evaluation: *Plan, Do, Review* for mental health interventions
- Divorce and separation
- Brick club
- NESSie My Time – A child led, play based developmentally reparative and nurturing intervention for schools
- NESSie My World and Me – An early intervention programme for children with ASD and emotional/behavioural difficulties

In collaboration with local and national agendas and working in partnership with key agencies we offer:

- arts therapies and counselling
- support and consultation to schools in developing a strategic plan for Emotional Mental Health
- several key trainings for Educational settings
- support and supervision for staff
- tailored support to parents, carers and families

We provide child-centred support with a systematic approach, supporting not only the child, but family and professionals involved in that child's care.



Photo Designed by Javi\_indy / Freepik

**“We have referred more children to NESSie and hope to access this fantastic resource again.”**

(SENCo)

## About us

NESSie provides arts therapies and counselling to support children and young people with positive mental health and emotional well-being in schools, nurseries, children's centres and educational settings across Hertfordshire.

Developed and delivered by a team of experienced arts therapists and counsellors, NESSie provides a wraparound service delivery model to ensure children and young people are accessing the right level support to meet individual needs, as well as providing support and training for parents, carers and professionals.

NESSie is part of the Children and Young People's Improving Access to Psychological Therapies programme (CYP-IAPT).