



## Why choose us?

I'm OK, You're OK works in partnership with individual schools to provide effective counselling alongside information and training for staff and families, which is both responsive *and* preventative.



### We offer:

- **A 12-year reputation for excellence:** references available from all current school partners.
- **Accessible professional support *in-situ*, for children and young people aged 5 to 19**, when growing needs cannot be met by reduced NHS and charity provision, which has left families, school staff and GPs struggling to safeguard and gain access to effective therapeutic support for those who need it.
- **Excellent counsellors**, recruited both for their additional training and experience in working successfully with vulnerable children and young people, and for their integrity, warmth and confidence to work in a joined-up way with school staff, families and other agencies such as Parent Support Advisors, Social Care and CAMHS.
- **A robust model of school-based counselling** with documentation and information about counselling, safeguarding and well-being that help to build understanding and trust.
- **Assessment** using national tools e.g. Young Person-CORE and the Strength & Difficulties Questionnaire (SDQ), to help identify individual's needs and what is needed to support therapeutic change.
- **Pro-active well-being and resilience training** for staff, students and families by experienced school trainers through Well-being INSET, contribution to PSHE Programmes and free Online resources. Sharing knowledge and tools contributes to sustainable good health for everyone.
- **Supervision for pastoral staff** providing emotional support and useful knowledge.
- **360-degree joint evaluation**, which is both quantitative and qualitative, to continue developing and maintaining the best possible service.
- **A partnership approach based upon real experience of school systems** and the huge pressures upon people in schools linked to time, communication, funding and outcomes.
- **Fair costing**, balancing recognition of squeezed school budgets with the importance of recruiting and retaining the professionals who really can make a difference.

If you wish to find out more, I would warmly welcome the opportunity to meet and discuss how we might be able to support your needs.

With kind regards,



Director, I'm OK, You're OK

BA(Comb)hons, PGCE, Adv. Dip. Int. Counselling, Level 7 Dip. Counselling Children & Adolescents, MBACP (Accred)

[www.imokyoureok.co.uk](http://www.imokyoureok.co.uk)