

Are we supporting our children's mental health?



OXFORD
CBT

66%
said they
couldn't get
support
when they
needed it

5

pupils in a
class are likely
experiencing
mental health
difficulties

Spot the signs

Look out for signs that indicate a child may be facing problems with mental health.

- Spending more time on their own
- Finding it hard to follow instructions at home or school
- Finding it hard to be apart from parents or family
- Difficulties when there is a change of routine
- Getting upset or angry without knowing why
- Difficulties getting to sleep

30%

of 6-16 year
olds experienced
deterioration of
mental health
since 2017

How we can help

Oxford CBT specialise in services to help children access the support they need faster, leading to improved behaviour, enhanced well-being and better opportunities for pupils to reach their potential.

- 🌀 **Assessments** - start getting support for Autism and ADHD quickly.
- 🌀 **Evidence-based therapy** - for a range of anxiety, mood and behaviour difficulties.
- 🌀 **Workshops & seminars** - delivered on topics for general mental health & wellbeing, mindfulness, autism and ADHD.
- 🌀 **Mental Health First Aid Training** - help identify, approach and signpost for students and parents.



**Get in
touch**

If you have any questions or concerns, please reach out to us on
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