



# Inputs for Schools

## Student Sessions

Our programme of student inputs (Year 7 – Year 10) is designed to run alongside a school's existing PSHE provision and to incrementally support the development of age appropriate social and emotional skills vital for good mental health and resilience.

The inputs – generally 3 per academic year – help students to understand the role of emotions, how they are triggered by experience and how they can be managed in constructive, rather than dysfunctional ways (eg self-harm or eating issues).

Over the course of the inputs, students learn how to regulate their emotions, cultivate a positive mindset and develop a range of functional coping strategies.

*More detailed information on the inputs is available on request.*

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