



Psychology and Well-being Service

The Well-being Team

Information for Parents/Carers



Who are we?

The Well-being Team are located within The Psychology and Well-being Service (PAWBS). We all have professional experience working with children and young people and additional training in areas promoting positive mental health and well-being such as such ELSA (Emotional Literacy Support) and Friends (support for anxiety/depression). We offer free support to Primary schools in Jersey and we believe that positive Well-being underpins successful learning.

How do we work with others?

- Whole class Well-being sessions
 - Small groups for more focus
 - 1:1 individual work
 - Consultation with other professionals
 - Project work and training
- Sessions are planned to be engaging and fun.

How do we get involved?

- Through discussions with your child's teacher or the School Special Educational Needs Co-ordinator (SENCO).
- Contact with parents/professionals through our Telephone Consultation Line. We can offer support with issues such as low self-esteem, anxiety, managing feelings, bereavement and loss.

Meet the WB Team at The Jersey Online Directory or search Gov.je website for more information.

Well-being Consultation Line: [07797 916879](tel:07797916879)

(Operated on Wednesdays, between 12.30 and 15.00 term time only)

Customer Focus - Constantly Improving - Better Together - Always Respectful - We Deliver