



Emotional Wellbeing Support for you and your child

Malachi are a specialist organisation with over 30 years' experience supporting children and families. Since the beginning of the Covid-19 pandemic we have been working with children, young people and their parents/carers to help deal with a range of emotional challenges. If you have any concerns about your own or your child's emotional wellbeing or you simply want to get some tips to build emotional resilience, we are here to help.

How we can help

We focus on building confidence, self-esteem & resilience, positive relationships with family members and maintaining friendships.

We can support with a range of concerns including:

- Increased anxiety levels as a result of the lockdown
- Concerns over returning to school after lockdown
- Worries around transitioning to a new school
- Bereavement
- Separation anxiety

What we do

- Allocate you a dedicated therapeutic support worker
- Provide weekly sessions for 6 weeks
- Offer strategies to support yours or your child's emotional wellbeing
- Give you a safe space to talk and offload any worries
- Work with you to make a plan to build your emotional resilience

Who can access the service

- Children aged 5-12 who attend school in Cannock or the Lichfield District can receive telephone support if they are able to do so, or they can receive face-to-face support in school when schools return.
- Parents of eligible children can access telephone support sessions. Referrals for parents can be accepted until 1st September 2020.

Self-refer or get more information

Please call Laura Yates on 07850 653812 or email laura.yates@malachi.org.uk