

# Support to Thrive

F W b S  
Y P a  
A a ab a  
a

OUR AIMS TO HELP STUDENTS

We currently work in partnership with Thurrock & Brentwood Mind, Essex County Council, as well as Castle Point & Rochford Council, the way they think, feel, and behave & mental wellbeing.

- Build a wider support network.
- Increase self-esteem & confidence
- Learn skills for overcoming challenges.
- Better regulate their emotions.
- Remain in education.

The sessions are aimed at students that could benefit from early intervention, & short-term emotional ssR

