

PARENT/ CARER INFORMATION SHEET

Behavioural Activation for Low Mood- Individual support

**How
Long?**

6-8 face to face or video link sessions with a review one month later

**Who is it
for?**

Aimed at adolescents aged 10 +

**What is it
about?**

The sessions are based on cognitive behavioural therapy which is evidence-based and explores the link between thoughts feelings and behaviours. Sessions aim to validate and normalise feelings and build on young people's existing skills and capacity. It explores the role of behaviour, identifying which life factors are impacting on mood and how to do more of what matters by exploring individual values, valued activities and ways to increase enjoyment, achievement and connection to others.

**What will
happen?**

The EMHP (Education Mental Health Practitioner) will hold a weekly/ twice weekly meeting to explore a topic. Young people will look at case studies, complete worksheets and questionnaires and talk about their experiences. They will be asked to complete home tasks including weekly diaries and planning valued activities and will review their progress during sessions. Parents/ carers may be involved in supporting activities and helping with home tasks at key stages.

You have the right to opt out of any support offered to you from the Mental health support team. If you wish to access support at a later time, please contact your school Mental health lead.

Disclaimer: This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

For further information please contact - MHSTClinicalAdmin@alderhey.nhs.uk