

Touch Base - Emotional Wellbeing Drop-in Service



Every Wednesday between 11am and 2pm at Slough and Eton School.

How can you get in touch?

This service is open for bookings now. Telephone 01753 520 824 or call in to reception to ask Jenny for a time to drop in.

What service do we offer and who is it for?

Unsure about what to do or who to turn to about emotional wellbeing issues affecting you or your family?

- Problems at school
- Worried about a child or young person in school
- Not able to understand what is going on with a child or young person
- Family problems affecting a child or young person
- Worried about your family relationships
- Changes at home making life difficult

What will happen when you come to see us?

The aim of the service is to help you explore any concerns that have an effect on the emotional wellbeing of you or your family or a young person you know.

During our meeting we will listen to your concerns and try to highlight other agencies that you could go to for further support.

We can offer confidential information and signposting on where to access support for any emotional health issues you wish to discuss.

Our conversation will take place in a private space and we will set aside up to 45 minutes for you to talk to us. You will be talking to two professionals independent of the school. Feel free to bring along a friend if you would be more comfortable.

We will not be entering any information about you on any database. We will make a brief summary of your concern along with our suggestions to help you and we will give you a copy as a reminder when you leave. Information you give us will not be shared with anyone else except if what you tell us raises concerns about the safety of a child or young person.

Who is this service for?

Parents or carers of pupils at Slough and Eton School, 11-16 year olds if accompanied by a parent, young people 16 and over unaccompanied, school staff.

English not so good?

Please feel free to bring a friend to help you to communicate