

Seasons for Growth

- Aims to provide support for those dealing with grief and loss
 - Friends who can come and go
 - Loss of someone or something you love
 - Parents and families separate
 - Moving to a new place
 - Impact of illness
 - Family work-life changes



Living Life to the Full (S1-S3)

- Aims to support young people (S1-S3) with anxiety, stress and low mood
- Will encourage you to make positive changes and to help you rediscover the things that you do that are good for you.

Anxiety Management (S4-S6)

- Uses cognitive behaviour therapy (CBT) to help develop strategies to manage stress/anxiety.
- Non-therapeutic- you will not be asked to share your experiences.
- You will be encouraged to think about your current actions and aim to make changes to how you act.

Resilience (S1/S2)

- Aims to help pupils in S1-S2 to develop coping mechanisms.
- You will discuss your feelings with the group and try to identify the best way to cope with issues that arise.
- Targeting pupils suffering from anxiety.

Let's Introduce Anxiety Management (LIAM)

- An 8-10 week programme which aims to allow young people to develop anxiety management strategies.
- You will consider current behaviour and aim to find more successful ways of coping.
- Can be delivered in a group or one-to-one with PTPS.

How to sign up

- There are sheets available at the school office or in pupil support.
- Please complete one and hand it into the office or leave in pupil support.