

## Who is the Emotional Health and Resilience Team?

We are a team that work with children, young people and families who may require some support regulating and making sense of their emotions .

We provide short term, low level support and offer a range of interventions such as:

- 1:1 sessions
- Small group work
- Classroom based lessons
- 1:1 guided self-help
- Group psycho-education
- Parent led CBT
- YAM



## Referral Exclusion Criteria

- Referrals requesting behaviour support.
- Children and young people who are already receiving therapeutic intervention from another professional.
- Referrals that are at moderate level or above.
- Children and young people that are in mental health crisis.
- Referrals that require an ongoing specialist services level support.

Referrals are discussed weekly at the team clinical huddle where all information is gathered and triaged around appropriateness of referral and acceptance into our service.

Harrogate and District   
NHS Foundation Trust

## How to get in touch



You can contact our duty line between 9am - 5pm Monday to Friday  
For advice and guidance and signposting to other services if required.

03000 263532  
or email to

[hdf.t.0-25ehrt@nhs.net](mailto:hdf.t.0-25ehrt@nhs.net)

*“Every interaction is an Intervention”*

