

Your Views Matter

- What you think is really important to us.
- We will support you to have your say.
- It helps us to help you if we can share your views with others who work with you.
- You have a right to tell us if there is something you do not wish to be shared. But if you tell us that you or someone else is in danger or is being hurt we must tell other people so we can help.



To contact us, you can:

- Speak to your parent/carer or a teacher in school.
- Phone: 01835 825108
- Visit: www.scotborders.gov.uk/eps

If you have any further queries, you can contact the psychological service:

Scottish Borders Council
Educational Psychology Service
Council Headquarters
Newtown St. Boswells
Melrose TD6 0SA

Telephone: 01835 825108

**Web-site:
www.scotborders.gov.uk/EPS**

You can get this document on audio CD, in large print, and various other formats by contacting us at the address above. In addition, contact the address above for information on language translations, additional copies, or to arrange for an officer to meet with you to explain any areas of the publication that you would like clarified.



Information for Children and Young People

Educational Psychology Service

What is an Educational Psychologist?

An Educational Psychologist works with teachers and staff within your school to help all children and young people get the best out of their learning. The Educational Psychologist is not in your school all the time.

Sometimes children and young people need a bit more support. For example, we can help when you are:

- finding learning in school too hard
- always worried or unhappy at school
- not getting on with others/feeling left out a lot
- often feeling angry or upset
- getting into trouble at school.

You, your teacher or your parent/carer can ask us to help you get the best out of school.



What will we do?

We might want to:

- talk with adults who know you well e.g. your teacher, parents or carers.
- talk to you and hear what you think
- spend some time in class
- do some learning activities together.

We will plan together to make things better. You can be part of this. We will check later that things have improved for you.



What happens if you meet with us?

The Educational Psychologist might not need to meet with you. If we do meet up we will introduce ourselves and help you feel at ease. We will talk through what we are going to do together.

