

What is an ELSA?

ELSAs are Emotional Literacy Support Assistants. ELSAs are trained and supported by Educational Psychologists.

ELSAs deliver bespoke, pro-active interventions to children and young people focusing on emotional well-being, emotional literacy and developing resilience.

Sessions take place weekly over eight weeks and last for 45 minutes.

ELSAs can help with

- Emotional literacy
- Self esteem
- Social skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety
- Conflict
- Emotional regulation
- Growth mindset
- Solution focus
- Loss & bereavement (6 weeks)
- Groups (5 weeks)



What we need?

A completed referral form with signed parental consent, emailed to referrals@desc.herts.sch.uk

Cost: **£150** - individual sessions delivered over 8 weeks or group sessions delivered over 5 weeks

A consistent space each week for the intervention to take place.

A staff member to complete a start and end assessment.

For more information please contact DESC on 01442 247476.