

Your opinions and ideas matter - why?

You have a right to say what you think and to be listened to at meetings when decisions are being made.

Your views and questions are very important - it will be easier for us to help you and the people who work with you if we know what you think.

We may write a letter or record our work in another way and you can ask to see this.

If you are not happy with what we are doing you can:

- Tell us
- Speak to your parents or carers
- Speak to a teacher



Contact us

If you have any questions or comments, we would like to hear them. You can always ask questions about what the psychologist is doing and you can tell the psychologist how well you think any support is helping. Details of how you can tell us about what you thought of our service can be found on our website:

<http://www.midlothian.gov.uk/EPS>

Or you can contact us at:

Midlothian Council

Educational Psychology Service

Education, Communities and Economy

Fairfield House

8 Lothian Road

Dalkeith EH22 3ZG

Tel: 0131 270 7500

Email: education.services@midlothian.gov.uk



Educational Psychology Service

www.midlothian.gov.uk

Midlothian



What is an Educational Psychologist?

An Educational Psychologist (EP) is someone who visits schools to work with teachers, parents/carers and pupils. Educational Psychologists are here to help.

Many children and young people may see a psychologist at some time during their time at school.

We try to help people think of ways to make school better for you.

What can we help you with?

We can help with all sorts of problems. For example, we can help when you are:

- Finding school work hard
- Worrying too much about things
- Feeling unhappy about things
- Feeling angry or upset about things
- Getting into trouble in school
- Not getting along with friends or being bullied



What will we do?

When we are asked to help we first check with your parent/carer that it is ok. We will then do different things to help make things better. For example, we may:

- Talk to you to hear what you think, maybe once or more often
- Talk with people who know you well
- Spend some time in your classroom to see what sort of work you do
- Get to know you by doing some activities together

We probably will not do all of these things - sometimes we might just do 1 or 2 of them.

We will have a meeting together (you can be part of this if you like) and come up with a plan to make things better.

After a while we will meet again to see if the plan is helping.



What will it be like to meet us?

We know that sometimes it is hard to talk about what you are thinking or feeling.

We will help you feel as comfortable as possible and will listen carefully to what you say.

You do not have to meet with us if you don't want to.

We will keep a record of the work we are doing together and we will agree what information can be shared with others such as your parents/carers or teachers.

You have a right to tell us if there is something you do not wish to be shared. The only time we are not able to keep something confidential is if it is something very serious that adults need to know about to keep you or someone else safe.

