



Emotional Literacy Support Assistant

What is an ELSA?

- An ELSA is a teaching assistant who has received training in psychological theory and intervention by qualified psychologists to enable them to plan and deliver individual and small group support programmes in schools to children with social, emotional and mental health needs.
- ELSAs are trained and regularly supervised by Educational Psychologists.
- ELSA training enables schools to have a 'go-to' person in school for providing mental health provision, working towards the Government agenda set out in the 2017 Green Paper on 'Transforming Young People's Mental Health Provision'.
- ELSA training can reduce the need to refer for specialist support.

ELSAs can help with:

- Self-esteem
- Social skills
- Emotional literacy
- Friendship issues
- Anger management
 - Behaviour
 - Anxiety
 - Low mood
- Loss and bereavement
 - Bullying/Conflict
- Relaxation techniques
 - Resiliency

St Peter's ELSA is Mrs Mel Bache.

