



A leaflet for Young Adults

When we get involved

Some adults may have asked the EP to work with you. If you are over sixteen, and are able to, you must give your consent (your agreement) for this to happen.

What happens if I've got some questions I want to ask?

You can ask your parents or carers, tutors or teachers, or the EP.

Contact us

If you would like to know more about our work, would like to access our service, or have any further questions, you can contact us between 9am – 5pm, Monday – Friday.

Address: Harrow Civic Centre
Station Road
Harrow. HA1 2XY

Call: 020 8051 8380

Email: educationalpsychology.services@harrow.gov.uk

Web: www.harrow.gov.uk/localoffer



Harrow Educational Psychology Service

All photographs in this leaflet are for illustrative purposes only.
Any people depicted are models.

Who are we?

An Educational Psychologist, or EP for short, is someone who is trained to work with students, parent/carers, teachers, and other adults.

We have training and experience in understanding how young people behave and learn.

We try to make sense of what is happening and aim to help you and those around you find ways to improve things.

What do Educational Psychologists do?

We meet with students of all ages. Students may need help with, for example:

- Emotional health and wellbeing
- Learning and concentrating
- Communicating
- Friends and relationships
- Improving life where you are learning, and/or in the community
- Independence, and preparing for the future

Sometimes it might be a mixture of these things, or something not on this list.

What might we do?

- Visit you wherever you are learning, or sometimes at home.
- We will always listen and take into account your views. We may talk with you about, for example:
 - your interests, and what you enjoy doing
 - your course, and what might help you to do better
 - how you might like things to change
 - your hopes for the future
- Look at some of your course work.
- Ask you to complete some tasks with us, and talk to you about them.
- With your permission, meet your parents/carers and/or other adults who are important to you and who support you.

What will happen next?

You will be invited to a meeting together with adults who support you. Together we will work together with you to plan a good way forward.

We will usually send a report or letter after meeting you.

We may come to see you again and/or help to review your progress.