

# Other Support Services

Hillingdon Stronger Families Hub  
01895 556006  
[strongerfamilieshub@hillington.gov.uk](mailto:strongerfamilieshub@hillington.gov.uk)

Not Fine in School Parent Group  
<https://notfineinschool.co.uk/home>  
<https://www.facebook.com/NotFineInSchoolPublicPage/>

Hillingdon CAMHS  
01895 256521  
<https://www.cnwl.nhs.uk/services/mental-health-services/child-and-adolescent-mental-health-services/hillingdon-camhs>

SEND Advisory Service  
Aged 2 and over: [sasinclusion@hillington.gov.uk](mailto:sasinclusion@hillington.gov.uk)  
Whole family guidance and support:  
[saskeyworking@hillington.gov.uk](mailto:saskeyworking@hillington.gov.uk)

Kooth Helpline 08 000 55 555 12-10 pm  
weekdays, 6-10 pm weekends



**HILLINGDON**  
LONDON

Hillingdon Educational  
Psychology Service  
is committed to giving you  
the best service and support  
to meet your needs.



## Emotionally- Based School Avoidance (EBSA)

### Contact

Hillingdon  
Educational Psychology Service  
Children's Services

London Borough of Hillingdon  
4E/07, Civic Centre  
Uxbridge, UB8 1UW

01895 558101

[Educationalspsychologyservices@hillington.gov.uk](mailto:Educationalspsychologyservices@hillington.gov.uk)



*I feel happier staying home*

*I feel sick or can't sleep*

*I'm afraid of being bullied*

*I'm grieving the loss  
of a loved one*

*I'm not clever like others*

*I'm overwhelmed with  
situations at home*

*I'm angry or moody*

*I can't get out of bed*

*I'm not supported*

*I don't get on with  
some teachers*

*I will fail my exams*

*I don't fit in*

**Let's talk about Emotionally-  
Based School  
Avoidance (EBSA)**



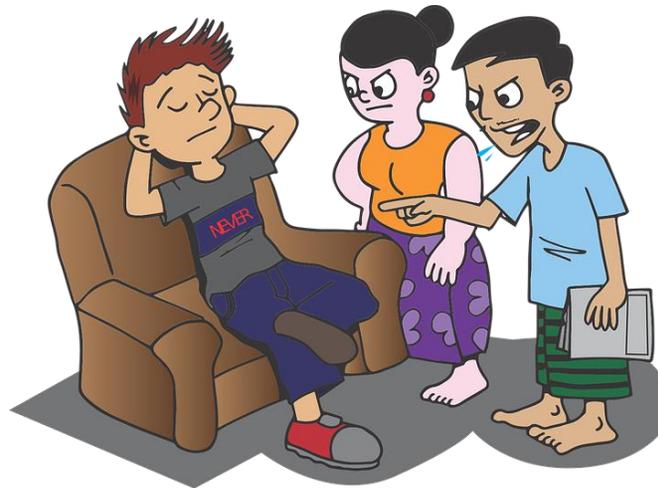
## How can I help a child?

- Ask what are their worries/how you can help
- Link them to school pastoral staff they trust
- Assign a trusted peer buddy or mentor
- Provide a safe space to break from difficulties
- Involve them in activities of interest
- Have a chat before class and after school
- Break the day up into small chunks
- Allow a flexible start and/or end-time
- Build a repertoire of coping skills (e.g., fitness activity, relaxation techniques, listening to music, dancing, drawing, speaking daily affirmations, pet ownership, keeping a diary, volunteering...)
- Arrange a time to spend with trusted friends



## What is EBSA?

Worrying and anxiety are the body's natural responses to life's difficulties and challenges. Worrying and anxiety become a problem when we are stopped from doing the things we enjoy or need to do, like going to school. Some things that may trigger these feelings are experiences not only at school, but at home, in our community, or from relationships or people we encounter. When these experiences cause consistent high levels of distress, whereby school attendance significantly decreases or stops, it is called emotionally-based school avoidance.



## How do I learn more?

- Arrange EBSA training/seminars for whole school/small groups and parent/carer groups through Hillingdon Educational Psychology Service (EPS)
- Liaise with your school's linked Educational Psychologist (EP) for EBSA advice and more information on interventions and other services
- School staff, students, and parents/carers should remain flexible and work together collaboratively with the EPS
- Monitor school attendance, conduct policy violations, and fixed-term exclusions
- Implement preventive action for those identified to be at risk and evaluate current practices