



ELSA referral and support process.

ELSA stands for Emotional Literacy Support Assistant. The ELSA support sits outside of the wider pastoral support provided to students, and is very different to counselling or other listening-based support service. It is designed to address specific difficulties students may have with their emotional literacy and is intended to be a short-term, solution-focused intervention to help students develop their independence and resilience in managing their emotions.

The aim of the ELSA support is to help students recognise and manage difficult feelings and emotions and the intervention usually lasts six to eight sessions. The goal is to provide students with a reflective safe space to focus on specific and measurable targets outlined at the beginning of each intervention and reassessed at the end of the final session.

Referral process

