

MENTAL HEALTH SUPPORT TEAM



Supporting Your Child's Emotional Wellbeing:

Drawing and Talking Intervention



Drawing and Talking is a gentle, non-intrusive therapeutic approach designed to help children and young people process emotions and experiences that may be difficult to express through words alone. This intervention is particularly beneficial for those who have experienced trauma, anxiety, or other emotional challenges.

Emotion-Based Groups

In **Emotion-Based groups**, children engage in drawing activities that allow them to express their feelings in a safe and supportive environment. These sessions provide a nurturing space for children to explore and communicate their emotions.

Benefits include:

- Helping children identify and articulate their emotions
- Providing a safe space for emotional expression
- Building emotional resilience and coping skills

Story-Based Groups

In **Story-Based groups**, drawing is combined with storytelling, enabling children to create narratives that reflect their inner experiences. This approach fosters creativity and allows children to make sense of their emotions through the stories they tell.

Benefits include:

- Encouraging imaginative play and creativity
- Helping children process complex emotions through storytelling
- Enhancing communication skills and self-expression

Key Features of Drawing and Talking

- It is usually delivered in small groups of 4-6 pupils
- Sessions typically last 30–45 minutes
- Delivered over 6–8 weeks
- Led by your school's Education Mental Health Practitioner (EMHP) or a Support Worker from the Mental Health Support Team (MHST)
- Non-intrusive: Focuses on drawing and storytelling rather than direct questioning
- Attachment-based: Builds trust and emotional safety between facilitators and participants
- Suitable for all ages: Effective for children and young people from 5 years upwards
- Complementary support: Works alongside other therapeutic interventions
- At the end of the intervention, your child will be able to take home all their drawings.

How can my child join?

If you think your child would benefit from the Drawing and Talking group, please speak to your child's school or contact the mhstenquiries@combined.nhs.uk

Confidentiality and Support

All information shared in the group is treated confidentially.

