



**Supporting children today,
preventing problems tomorrow**



Building resilience for life



What if we could give children the tools to manage stress, reduce symptoms & thrive?


Many children present to GPs and Practice Nurses with:

- ✨ **Anxiety, worries & stress**
- ✨ **Sleep difficulties**
- ✨ **Stomach aches, headaches & other stress-related symptoms**
- ✨ **Low mood, low confidence or behavioural concerns**

These issues often result in repeat appointments without sustainable solutions, placing additional strain & challenges on already overstretched Primary Care services

At the same time, we recognise that referral pathways for specialist children's mental health services often involve long waiting lists

This leaves families struggling without timely support, & children without the strategies they need to cope day-to-day.



NHS & NICE guidelines highlight the importance of early intervention in children's mental health, reducing the risk of long-term issues

**✦ Research & studies show that teaching emotional regulation reduces anxiety, improves school attendance & lowers stress-related health complaints
(headaches,
stomach aches, eating & sleep problems)**

✦ Evidence indicates that resilience-based interventions in children improve mental health outcomes & reduce reliance on healthcare services

When children learn simple, practical strategies to manage their emotions, the benefits are wide-reaching:

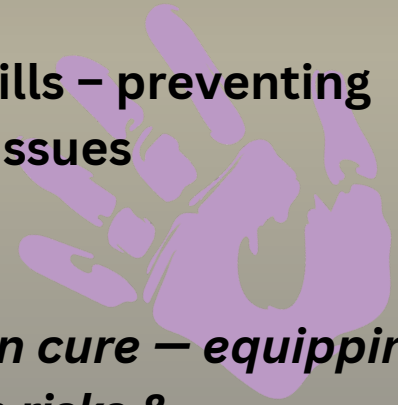
✦ Reduce worries & stress – lowering frequency of stress-related symptoms

✦ Improve sleep & routines – helping children feel more rested & resilient

✦ Build confidence & resilience – supporting healthy emotional development

✦ Strengthen self-regulation & coping skills – preventing escalation into more complex issues

As the saying goes, prevention is better than cure – equipping children early reduces long-term risks & promotes healthier outcomes.



So what are the benefits for Healthcare Professionals?

- ✨ Fewer repeat visits for non-specific or stress-related complaints
- ✨ Early intervention to prevent problems escalating into serious mental health conditions
 - ✨ Reduced demand on GP & nursing time
- ✨ Improved family wellbeing — calmer homes, healthier children
- ✨ Alignment with NHS priorities around prevention, early help & child mental health

Outcome: Happier, healthier children. Reduced strain on healthcare. More resilient families

Why Choose Us?

- ✨ Over 25 years' experience working with children
 - ✨ Safe, supportive & child-centred approach
 - ✨ Sessions linked to wellbeing & resilience
- ✨ Positive outcomes for children & their families



Provider of St Helens Council HAF Provision since 2021

Real Parents – Real Feedback

“Your voice is so calming & soothing. I almost cried when I listened to the recording. Thank you”. LP Mum to RB

“I highly recommend Les, she helped my little boy overcome a fear of going to school. I couldn’t thank her enough when I literally thought there was no way out of this, she showed us both there was. She changed our lives I’ll be forever grateful” CM mum to JM



“Les is such a beautiful soul, who has helped our family beyond words. Cannot recommend Les enough. Thank you for everything you have done & continue to do” NS mum to BS

“The sessions were great and gave my son a lot of tools to cope with moving on from his accident & to build his confidence back up to play sport again soon.

We’re sad the sessions are over now!” KM Mum to EM

**Helping children thrive so healthcare can
focus where it’s needed most**

ABOUT LES ROBERTS



**I'm Les Roberts, an Advanced Children's
Therapist, based in St Helens
I'm passionate about helping young people
feel calmer, happier & more
confident in their everyday lives**

**With over 25 years experience working
with children, I've seen many struggle with
worries, anxieties, big emotions or low
confidence & how this can impact not only
them, but the whole family**

**My work is all about giving children a safe,
supportive space where they can explore their
feelings & learn simple,
practical tools to manage them**

**Book a free initial discussion
Sessions online or in person**

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