

What is an Educational Psychologist (EP)?

An EP has been trained to **understand how children and young people behave and learn**. They want to help children be happy and do their best in school. Sometimes you might hear them being called a Psychologist.



Why do they want to talk to me?

An EP visits lots of different children and young people, in different schools, for different reasons. The EP wants to understand **what might help make things better for you**.

Your teacher may have asked the EP for some advice on how to help you.



What happens?

The EP might:

- **Visit you** at home and/or at school.
- **Talk to people** who know you well.
- **Talk to you** - your feelings and ideas matter too.
- Ask you about **things you are good at**.
- Ask you about **things you would like to do better**.
- Look at some of your **schoolwork**.
- Ask you to **do some work with them**.



What will happen afterwards?

The EP might:

- Write to you, your parents / carers and your teachers to let everyone know **what they think would be best for you**.
- Attend meetings with people who care about you to **talk about the best way to help you**.
- **Visit you again** to get some more information.



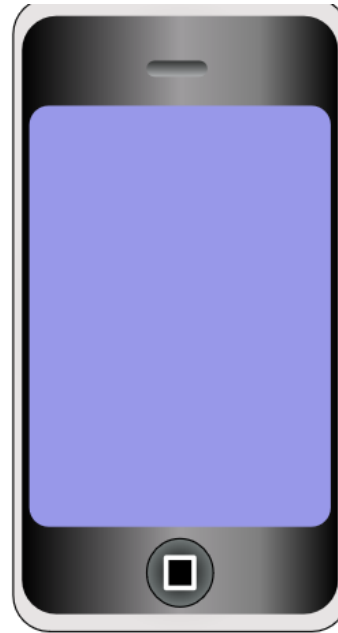
Working Together

- **This is nothing to worry about** – it's the EP's job to help you.
- **We know it can be difficult talking** about your thoughts, feelings or things you find difficult.
- **If there is something you don't want to talk about, that is ok.** Please let the EP know or ask another adult to let them know for you.



- If the EP is told something that makes them worried about your safety or the safety of someone else, **they will have to share this with another adult who can help.**
- If you have any questions or worries, **you can talk to your parents / carers, your teacher or the EP** when you meet them.

Contact Details



If you are worried or would like to talk to your EP, **you can call us on:**

028 9056 4000

You may be asked to tell us which area you live in (for example Belfast or Newry) and the name of your EP. This will help us make sure that your call goes to the right person.



Education Authority

Educational Psychology Service

About Your Educational Psychologist