Educational Psychologists try to help...

- If you find school work too hard
- If you find reading and writing hard
- If you feel lonely in school
- If you find it hard to make friends
- If you have a medical condition that means you need help in school
- If you get into trouble a lot
- If you want teachers to understand you better
- If you find it hard to control your feelings

Contact Details

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If you require this document in an alternative format please contact us
What is Psychology?

Psychology is when we think about how people feel, think and behave.

What is an Educational Psychologist (EP)?

An EP is a person who uses psychology to help children learn and feel better about school and themselves.

Who do EPs work with?

They work with children, sometimes on their own or in small groups.

They also work with families, teachers and other adults in school and at home.

What do EPs do?

They offer advice and support and try to help pupils learn and do their best!

Why am I seeing an EP?

A teacher or parent/carer may have asked the EP for some help to try and make school better for you.

If you are worried about this please talk to your parent/carer or teacher. You can also chat about any worries with the EP.

Where will I see an EP?

Sometimes you will meet in your classroom or the EP will find somewhere quiet to work with you in school.

What will happen when I see an EP?

You might spend time telling the EP about yourself.

For example, what you like and don’t like, what you find hard and what you’re good at.

The EP might talk with your teacher or parent/carer about these things too.

The EP might also like to see your school work or ask you to do some puzzles.

What will happen next?

You will decide with the EP what help you would like and what areas you would like to work on.

The EP will then work with your teachers to make a plan to help you.

Talking Privately

You may tell the EP some things that you do not want other people to know.

The EP will not talk to anyone about these things unless they are worried about your safety.

Talking Openly

You can say what you think about decisions that are made and the EP will listen to you.

EPs try to treat everyone fairly whatever their age, gender or background.