

**Tower Hamlets  
Educational Psychology Service**

# How can an Educational Psychologist help you?

**A leaflet for young people**



## What is an EP?

An Educational Psychologist, or EP for short, is someone who has been specially trained to understand how children and young people behave and learn.

## Who does the EP meet?

The EP meets students of all ages.

Students who need help with:

- school or college work
- emotional health and wellbeing
- relationships
- study skills
- communication
- independence

## Who else do EPs work with?

EPs also work with parents and carers, teachers and tutors, and other adults. They all work together to try and help you do better at school or in college.

## Why am I meeting with an EP?

Some adults may have asked the EP to work with you. If you are over sixteen you must give your consent for this to happen.

## Where will I meet the EP?

The EP may visit you and your family at home, or visit you in college or school.

## What will happen when I meet the EP?

The EP is interested in what you think is happening at the moment. They may ask a number of questions, such as:

- how you learn best?
- what you like doing and what you find difficult to do?
- what would help you do better?
- how you would like things to change?

They may ask you to do some activities to find out how you learn, and any support needs you may have.



## Then what happens?

The EP may come to see you again. You may meet them many times or you may not need to meet them again.

The EP will talk to you about the work that you did together. The EP will help you work with your tutors and/or teachers and family to make a plan specially for you.

## And then?

You should start to get on better, you may feel better and others may notice how things have changed.

## What happens if I've got some questions I want to ask?

You can ask your parents or carers, teachers, or the EP.

### You can contact the service directly at:

Town Hall  
Mulberry Place, 5 Clove Crescent  
London E14 2BG

Tel: 020 7364 2886

Email: [admineps@towerhamlets.gov.uk](mailto:admineps@towerhamlets.gov.uk)

Or you can find us [on the internet](#).



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