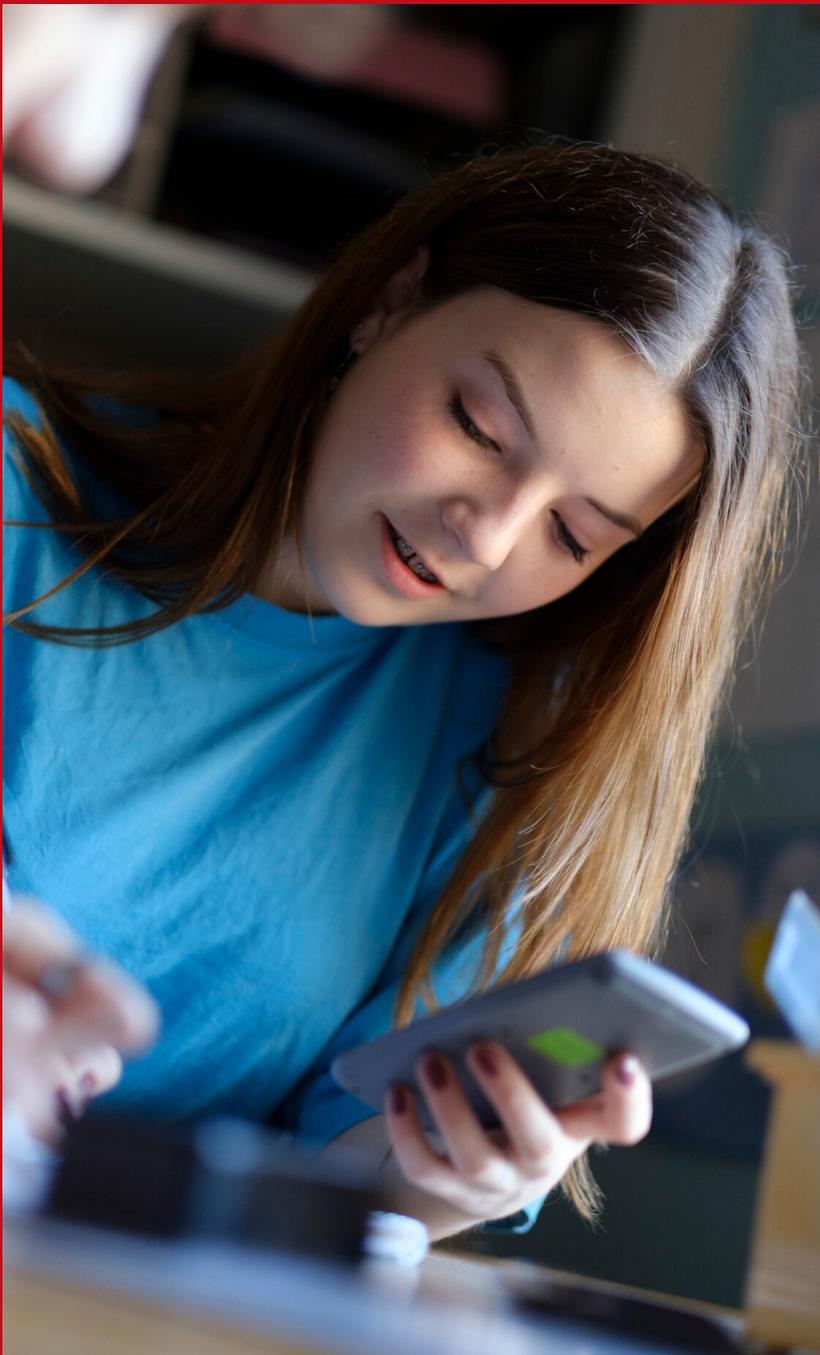




Red Balloon of the Air Online Therapy

Helping seamlessly support your students'
mental health with online sessions



About Red Balloon of the Air

Red Balloon of the Air has traditionally provided a therapeutic education programme for children and young people who are out of school and unable to attend due to bullying, anxiety or illness.

We use real-time therapeutic online and/or face-to-face sessions to help them gain academic qualifications while building emotional and social confidence.

Our online therapy offer for students in mainstream education

We have now diversified the service so we can offer to support students' well-being with online therapy sessions, in their own educational setting. For students struggling with anxiety or other mental health issues, therapy sessions can provide the extra support they need to thrive in mainstream education.

The online nature of the sessions means that support can be seamlessly integrated into each student's timetable.

Why online therapy sessions are so successful



Red Balloon of the Air has been delivering online therapy for over ten years. We have developed our proactive relational model specifically to support young people who experience mental health difficulties.

Weekly 50 minute online therapy sessions are tailored to the individual therapeutic needs of each student with the emphasis on self development and achieving their full potential, resulting in greater resilience and confidence.

Sessions are delivered via Google platform. By using Google Hangouts, an encrypted and confidential chat is created with each individual student.

Therapists can use the chat and the multiple Google and online resources available, such as documents, slides and internet links. Our 'chat based' talking therapy often includes a strong element of psycho-education, strategies and interventions to prepare a learner for more adult challenges.

Online therapy decreases the pressure, urgency or immediacy of traditional face-to-face therapy, allowing for greater reflection and information processing time.

We can offer time limited interventions which tie in with Student Plans.

Recent student feedback includes:

"I like to chat about my anxieties and work out strategies"

"I use my well-being sessions to think about future plans"

"It is really reassuring just to know I have someone to speak to"

Red Balloon of the Air therapists are fully qualified and follow British Association of Counselling and Psychotherapy (BACP) guidelines and professional framework. They also engage in regular clinical supervision and are provided with CPD as necessary.

Regarding confidentiality and record keeping, our therapists also follow BACP guidelines. They have knowledge of national and local child protection standards, policies and procedures necessary for the appropriate safeguarding of young people. A full list of our policies and procedures are available at redballoonlearner.org/RBAir

Contact us

More details of our therapeutic model and pricing structure are available upon request.