



**Rachel Chilver Consulting**  
Supporting mental health in schools

**Provider Fact Sheet**  
School Based Provision

Rachel Chilver  
07900931829

rlchilver@gmail.com

www.rachelchilverconsulting.com

# Rachel Chilver Consulting

## Who we are

Helping young people to overcome barriers so they can go on to thrive and become resilient individuals is at the heart of what we do! Delivering dedicated well-being intervention programmes, we help them to develop a more positive mindset and strategies they can use when facing challenges both now and in their future lives ahead. Courses are delivered in 1:1 and group settings.



## What we offer



The course leader has 20 years' experience in education (Teacher and SMHL), working primarily with vulnerable young people facing a range of barriers to learning. Combined with the skills she developed on her counselling diploma, she offers supportive and practical guidance to students and is passionate about supporting them to thrive and develop positive aspirations for their futures.

## Student Outcomes

'Rachel offered outstanding support...highly recommend' (Pastoral Manager, Birmingham Primary School)

'I used to worry about everything. I never wanted to go to school but I felt like I couldn't talk to anyone because I didn't want to upset them. Rachel was really friendly and helped me believe in myself. She taught me lots of ways to cope with my feelings and I now I don't worry as much. I'm even looking forward to the school residential and going up to secondary school in September' (Year 6 pupil, Coventry Primary School)

## Safeguarding

DSL - Rachel Chilver, rlchilver@gmail.com, 07900931829

DDSL - N/A

Enhanced DBS Staff

Safeguarding policy

Insurance Documents - Exp 06.11.25

## Health and Safety

Delivery site is on school premises

Risk Assessment - per student

## Specialisms

Primary  
Secondary  
Mental Well-Being  
Mentoring

## Mode of delivery

At-School



No  
FSM



No  
Transport



Quality Assured by CAP  
Documents on Sharepoint

