

# Emotional Wellbeing Support at School

## Welcome to your school's Mental Health Support Team (MHST) ...

Your school now has access to a Mental Health Support Team (MHST) funded by NHS England working jointly with the Department for Education. This service, delivered by established two local young people's charities, aims to promote the early detection and prevention of emotional wellbeing problems, such as anxiety, across the whole school.



## Upcoming workshops for parents / carers

We are running two workshops for parents / carers this term. Please sign up with the Eventbrite details below for your preferred workshop and time:

### Managing Anxiety in Children

Tuesday 1<sup>st</sup> December 6pm <https://tinyurl.com/managinganxiety1Dec6pm>

Thursday 3<sup>rd</sup> December 10am <https://tinyurl.com/managinganxiety3Dec10am>

### Managing Family Relationships during the Christmas Holidays

Tuesday 15<sup>th</sup> December 10am <https://tinyurl.com/christmasrelationships10am>

Tuesday 15<sup>th</sup> December 6pm <https://tinyurl.com/christmasrelationships6pm>

## Further support for parents / carers

In addition to the workshops, we are also offering individual support for parents / carers of children struggling with either anxiety or challenging behaviour:

### One-to-one support for parents / carers of children aged 5-11 struggling with anxiety

Anxiety, fears and worries are normal experiences that we all have from time to time, but sometimes they interfere with our lives. As a parent / carer it can sometimes be difficult to know what to do for the best.

### One-to-one support for parents / carers of children aged 5-8 experiencing behaviour problems

We know how difficult being a parent can be, and sometimes parents / carers need some support to manage their child's challenging behaviours, break unhelpful patterns of behaviour, and improve your relationship with your child.

Requests for one-to-one support can be made through your school, or you can email us directly on [MHST@croydondropin.org.uk](mailto:MHST@croydondropin.org.uk) or call on 07736 043796.



[www.talkofftherecord.org](http://www.talkofftherecord.org)



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