

## WHO ARE WE?

- This is a new role, developed in line with the Government's response to increase access and availability of mental health and wellbeing support for children and young people.
- We are trained and qualified with a Postgraduate Diploma from UCL and Anna Freud Centre to deliver early interventions for mental health concerns.
- We work in a Mental Health Support Team (MHST); supporting Primary, Secondary and Further Education sites.

## WHAT CAN WE OFFER?

- Individual work with parents of children aged 5-11 who are struggling with some low-level anxiety.
- Individual work with parents of children (up to about age 9) who are displaying some low-level challenging behaviour.
- Workshops on, for example, transitions between classes or to secondary school.
- Group work (for children in Year 3 and above) on regulating emotions and strategies to manage overwhelming feelings. This is about 8 sessions.
- Supporting the whole school on all aspects of the mental wellbeing of children and school staff.

Our work is predominantly about preventing mild mental health concerns from escalating further.

According to the National Institute for Health and Care Excellence, a mild mental health problem is when a person has a small number of symptoms that have a limited effect on their daily life.

It is normal for everyone to experience spells of anxiety, but if you feel that your child is experiencing anxiety that is persistent and beginning to impact areas of their life, then please speak to a teacher. Anxiety can sometimes present itself as challenging behaviour and it can be difficult to know what to do in this situation. Talking with an EMHP may help you to consider new approaches to manage the behaviour.

In Primary schools, we support parents to support their child, as evidence suggests this has a longer-term impact.

## WHAT CAN YOU EXPECT?

We use an evidence-based approach, based on the principles of cognitive behavioural therapy (CBT). It is a brief intervention of about 8 weeks, ideally 1 hour per week, where we work together on strategies to manage the presenting difficulties.

A teacher at your child's school can refer to our service. We will need some details about your child like GP address, NHS number, Date of Birth, and you can tell us about what areas you need support with. These details will be kept on a confidential electronic patient record. Our team will review the referral and if we think we can help, we will give you a call to discuss it further. We will make an appointment where we will ask you to tell us a bit more about yourself and your child. If we don't think our service is the best one to meet your needs, we will consider with you which one might be more appropriate.

Please speak to someone at school if you would like to know more about our service.

