

THE MENTAL HEALTH SUPPORT TEAM

Primary Schools - Information For Parents

ABOUT US

We aim to provide support for families with a child experiencing anxiety, whilst working with schools more broadly to promote good mental health and wellbeing.

WHAT MIGHT ANXIETY LOOK LIKE?

If your child is showing any of the following behaviours at home and / or at school, we might be able to help:

- Not wanting to leave you
- Asking a lot of "what if" questions
- Worrying about bad things happening
- Are feeling scared or afraid of something
- Avoiding certain situations
- Complaining of tummy aches and other physical anxiety symptoms

HOW COULD WE HELP?

Our work aims to teach parents cognitive behavioural strategies to use with their child to overcome difficulties with anxiety over 6-8 sessions. These sessions are offered either 1-1 with a mental health practitioner or in a group setting.

Time is spent on reflecting on what works best for the family, and guiding parents in adapting strategies to meet their child's individual needs, as well as providing opportunity for practice .

WHAT NEXT?

If you think your family might benefit from this support, speak to someone at school who knows your child well. The school can then get in touch with a member of the MHST and we can discuss a referral, or ways in which your child can be supported within school.