



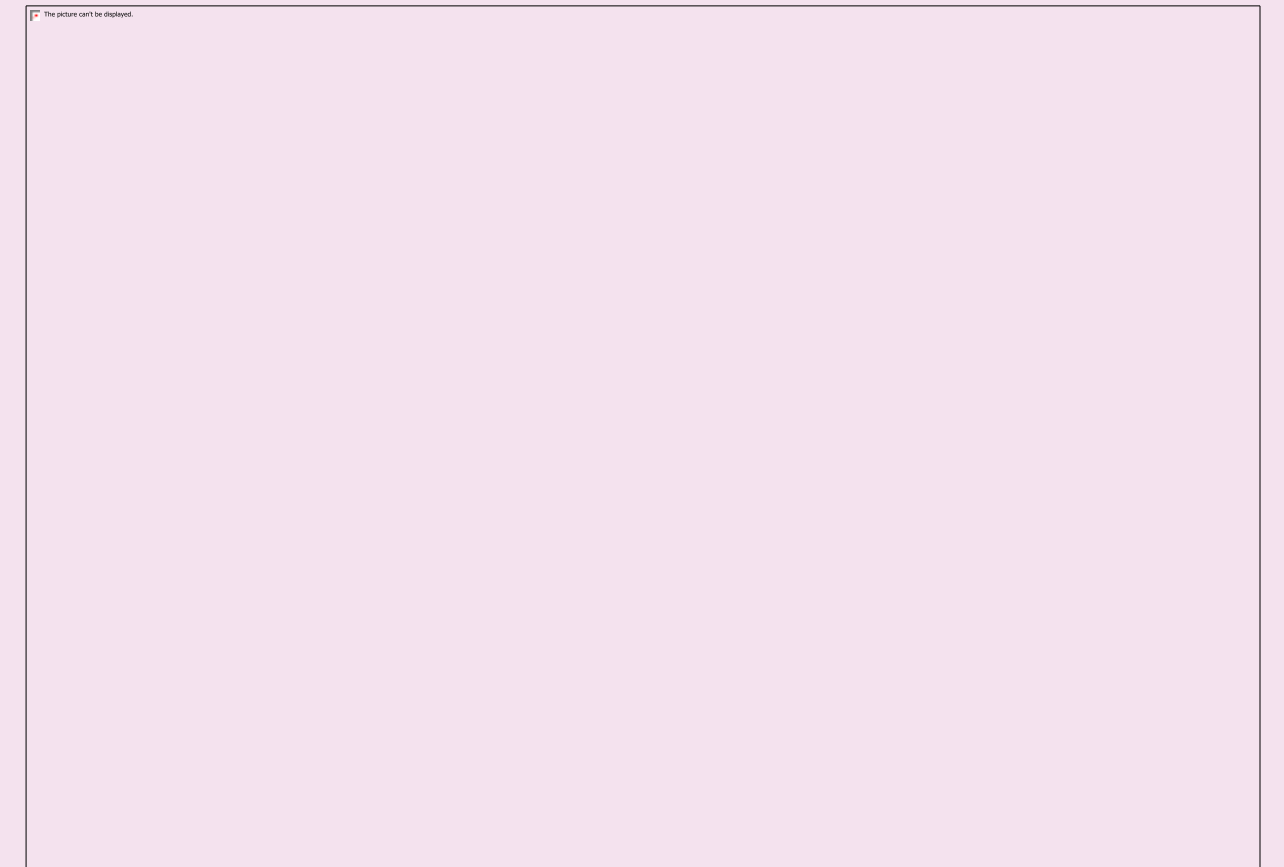
East London
NHS Foundation Trust



Wellbeing and Mental Health in School Team (WAMHS)

Children and Young Person Mental Health Practitioner (CWP)

What do I offer?



1:1 Interventions with Parents



Helping your child with fears and worries

Common behaviour problems



Group Interventions for Parents



Managing child anxiety

Foundations of Positive Parenting

Parent Workshops

Helping your child to manage their thoughts, feelings and behaviour (1 hour)

- Practical ideas and strategies to support children's emotion regulation.

Supporting Your Child's Transition to Secondary (1 hour)

- Guidance on preparing children for the move to secondary school, reducing stress and increasing confidence.

Managing Child Anxiety (1 hour)

- Introduction to understanding anxiety and learning simple strategies to support children at home.

Introduction to Mental Health (1 hour)

- An overview of children's mental health, common challenges, and how parents can promote wellbeing.

Brain Buddies – Parent Introduction (1 hour)

- An introduction to the group intervention which helps children understand the basic neuroscience behind their feelings.



Student Workshops

- Supporting you with your SATs
- Managing Emotions
- Tree of Life
- Brain Buddies



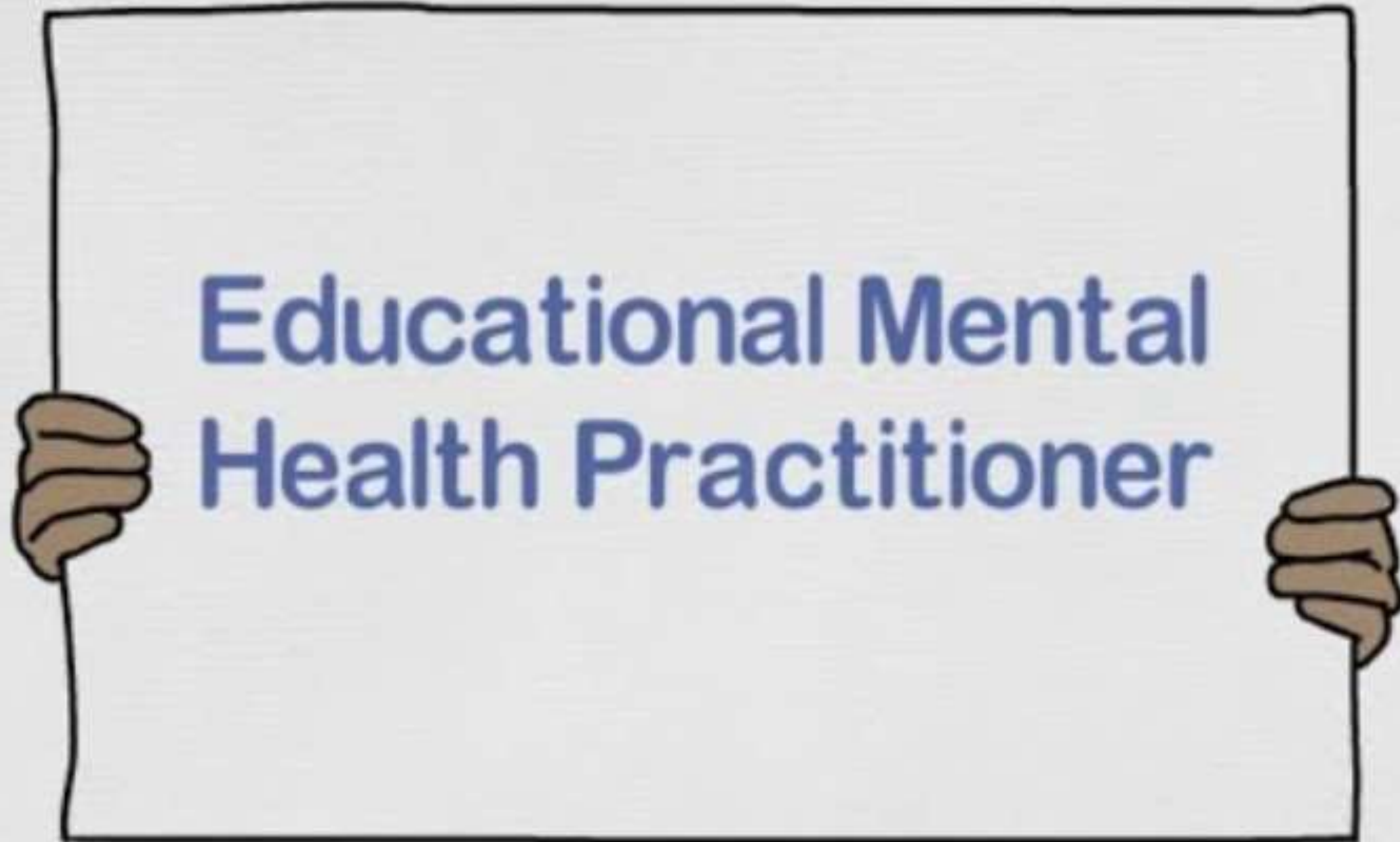
WAMHS Support

- **CAMHS Worker in Schools (CWIS) – Karolina**
- **Parent consultation**
- **Staff consultation and support**
- **Multi-agency liaison**
- **Whole school approach to mental health**

Confidentiality

Everything that comes up in my work with parents or children is confidential – meaning it will stay between us unless I believe there is risk of harm.

Video



How to access support

Contact Ms Gustave to find out more information

Scan the QR code to let us know what support you'd like to see in school

What support would you like?





Signposting – Primary Students

African Community School

This is a place for children ages 5 to 16. They help you learn new skills and hobbies, and they help you feel happy and strong inside.



<https://www.acschool.org.uk/>

Growing Minds

Growing Minds is for children from African, Caribbean, or mixed heritage backgrounds aged 9 and older to speak to friendly adults.



<https://family-action.org.uk/services/growing-minds-london/>



Kooth is a free and safe website where you can talk to a friendly grown-up about your feelings.

<https://www.kooth.com/>

NSPCC

A charity that helps to keep children safe and happy. If you are worried you can find advice on their website.



<https://www.nspcc.org.uk/>

Project Indigo

Sometimes we have big questions, like "who do I like?" or "who am I?". Project Indigo is a safe and happy place to get answers from caring grown-ups.



indigo@family-action.org.uk



If you need someone to talk to or want to do fun activities, Young Hackney can help. It's for children aged 6 and up. <https://www.younghackney.org/>

Place 2 Be

If your school works with Place2Be, you can talk to a friendly grown-up in a safe place about anything on your mind.



<https://www.place2be.org.uk/>

YOUNGMINDS

YoungMinds is a fantastic website to learn about your feelings. You can watch videos, play games, and read stories that will help you feel happier and more confident.

<https://www.youngminds.org.uk/>

St Joseph's Hospice



When someone close to you dies, it can be really confusing and sad. St. Joseph's Hospice is a kind team that helps children understand their big feelings and find a way to feel better.

stjosephs.firstcontact@nhs.net



Signposting – Parents



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Hackney SENDIAGS

A service for parents and carers of children with special educational needs or disabilities (SEND). Providing impartial and helpful advice on a range of topics.

<https://hackneysendiags.co.uk/>



Family Action

Provides practical, emotional, and financial support for difficulties such as poverty, debt, or social isolation for families nationwide.

www.family-action.org.uk



Hackney Local Offer

↔ Hackney
0-25 SEND Local Offer |
Family Information Service

Provides a comprehensive list of services & support for children and young people (aged 0-25). Covering education, health, social care, leisure activities, and more.

<https://www.hackneylocaloffer.co.uk/>

Early Help Support

Provides support and advice for families who are facing challenges. From parenting to your child's well-being, you can contact the team for guidance and to find the right support.

<https://chscp.org.uk/early-help-in-hackney/>



Father2Father

A structured programme for fathers of children ages 9-18 of African and Caribbean descent who are experiencing emotional or behavioural challenges at home or at school.

<https://www.father2father.co.uk/>



Family Coach Service

↔ Hackney

Offers courses and support to help parents with children who have SEND. They can help you feel more confident in your parenting and find ways to manage stressful moments.

0208 356 7344

familycoach@hackney.gov.uk

HENRY (Health, Exercise,
Nutrition, Really Young)

Offers parenting workshops to help you build a healthy, happy family. From managing your child's well-being to improving communication and mealtimes.

<https://www.henry.org.uk/city-and-hackney>



YOUNGmINDS <https://www.youngminds.org.uk/>

YoungMinds has a parents helpline for anyone worried about a child's mental health. Their website also provides a wealth of information and resources to help you support your child. [0800 802 5544](tel:08008025544)

St Joseph's Hospice



Offers professional bereavement support for families in Hackney. They provide a safe space and expert guidance to help both children and adults cope with loss.

stjosephs.firstcontact@nhs.net