Hello, I'm

Karolina

Your CWIS

Child and Adolescent Mental Health Services (CAMHS)
NHS services offering support for young people and families facing mental health challenges, from low-level to specialist interventions.

Wellbeing and Mental Health in Schools (WAMHS)
A Hackney initiative fostering stronger relationships between schools and CAMHS to enhance student wellbeing and maintain a healthy school environment.

CAMHS Worker in School (CWIS)
I am a Clinical Psychologist embedded in your school on about every other Tuesday. I provide training, consultation, and support to help staff build the knowledge, skills, and confidence needed to support students' mental health and wellbeing. I also promote effective signposting and liaison to ensure schools are connected with the right services to meet family needs.

Areas I can support parents with:

- **Parent Workshops:** I can provide workshops for parents on areas you would like to know more about.

Please reach out to Seema Bibi, the school's mental health lead, to share any specific workshop requests you may have.

- **Parent-Staff Meetings:** I can join staff to meet with you and discuss your child's mental health, wellbeing, behaviour challenges, or other family concerns where you feel my expertise would be helpful.

Please arrange this through your child's teacher.

Please note, my role does NOT include: direct therapeutic work with children or parents on an individual basis.