



## Wellbeing and Mental Health

### Parent Appointment with Annie

### Wednesday 27<sup>th</sup> March 2019

Annie is our CWIS (CAMHs worker in school) and she has been supporting us in developing a greater awareness about Mental Health.

Annie has supported in assemblies, in family workshops and has worked closely with our safeguarding lead, Miss Lucey in promoting Wellbeing and Mental Health.

Annie works for First Steps, Hackney's Child Psychology service. If you have any questions about your child's emotions, relationships or behaviour, want ideas for supporting a child or would like a space to think about your own wellbeing, you can make an appointment and meet with Annie. Anything discussed in the session will be **confidential**.

#### Guided by you, Annie could:

- Provide advice about how to support your child's emotional wellbeing or behaviour. **For example, discussing ways to help your child to feel more confident or improve their behaviour.**
- Provide information on local services that provide additional support for children. **For example, First Steps or Young Hackney.**
- Provide a space for you to speak about the challenges of being a parent. **Being a parent can be both incredibly rewarding and challenging and having a space to share these challenges can be helpful.**
- Provide information and advice if you are considering accessing support for yourself. **As a parent it is really important to prioritise your own wellbeing too. Annie can provide information on services for parents such as parent groups, counselling and bereavement services, Mindfulness courses and coffee mornings.**

If you would like to make an appointment with Annie please go to our school website:

<https://www.daubeney.hackney.sch.uk/>