

Dear Parents/Carers

The Mental Health Support Team are here to support you!

Our easy and accessible online service offers include:

1 Drop-in Service:

We offer a drop-in service to support parents/carers providing information, signposting and basic guidance about managing behaviour and supporting your child's wellbeing and mental health

2 One to One Support:

We provide 1:1 low-intensity guided self-help sessions for parents/ carers of primary school children who are feeling anxious, worried, fearful, overwhelmed, having behavioural difficulties, having frequent tantrums or difficulties following routines.

6-8 weekly sessions are provided face to face or virtually, via telephone or video sessions, for children presenting with mild to moderate mental health difficulties

3 Workshops:

Our workshops for parents/carers help to build awareness & understanding of mental and emotional wellbeing.

Topics include: Managing Challenging Behaviours, Wellbeing and Healthy Habits, How to Support a Child Experiencing Anxiety. Bespoke topics are available on request

To learn more about how to access these services, please contact:
Paula Byrne

Please visit our channel & website for useful resources and learn about the support we offer: www.my-mind.tv / www.hfehmind.org.uk