

HOW WE WORK WITH PARENTS

Our work follows the information from the book 'Helping Your Child With Fears and Worries' and aims to teach parents cognitive behavioural strategies to use with their child to overcome difficulties with anxiety. 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 .



Why with Parents?

Insight

Parents are the experts when it comes to their children. They will have a better understanding of their child's responses and what will encourage and motivate them to try different things.

Practicalities

Parents often play an essential role in setting the pace and timings of when strategies can be implemented at home.

Continuity

Parents are often the ones that are present during the struggles and challenges their child is facing and can support their child both in between sessions and well beyond the end of our services involvement.

IN SHORT:

WE MIGHT BE ABLE TO WORK WITH PARENTS TO SUPPORT WHEN CHILDREN ARE SAD OR WORRIED:

NOT WANTING TO LEAVE YOU



ASKING QUESTIONS

WORRIES ABOUT BAD THINGS HAPPENING



FEELING SCARED OR AFRAID OF CERTAIN THINGS

TOO UPSET TO GO TO A FRIENDS



NOT WANTING TO GO TO PARTIES



PROBLEMS WITH SLEEP



Solent
NHS Trust



PRIMARY SCHOOLS

THE MENTAL HEALTH SUPPORT TEAM

(MHST)
WHAT DO WE DO?

INFORMATION FOR PARENTS



SOME BACKGROUND INFORMATION..

Following government reviews on Children's Mental Health and Mental Health Services, a need for a collaborative approach was identified to tackle early signs of mental health issues.

This aims to put schools and colleges in the heart of early intervention by developing and building on whole school approaches to mental health in the hope to prevent mental health difficulties from escalating— This is where we come in!



For more information on this see the 'Future in Mind' report and the 'Green Paper'

OUR AIM

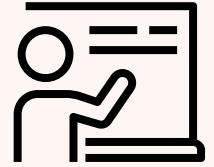
We hope to be able to help families by expanding capacity for early intervention whilst supporting schools and colleges to assist with ongoing support. We aim to provide interventions to support those with mild to moderate needs whilst assisting with the promotion of good mental health and wellbeing together with education. This will go beyond one to one work with families to include the development of self-help resources and access to up to date reliable information on mental health. We hope to support schools and colleges build a collective understanding of local services to signpost and support families, as well as access to specialised help.



WHAT DO WE DO?

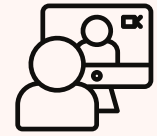
Working with your school

We work closely with schools to support your child's wellbeing. Whether that's meeting up with teachers or school staff to put a plan in place or having a check in, their mental health comes first!



Working with you

If you decide you would like school to refer you to us, an initial appointment will be arranged with one of our practitioners. From there, we will discuss what support is best suited to you..



Your appointments will be 1:1 with one of our practitioners. We can either do these face to face or virtually.