



Welcome from the Mental Health Support Team at Meridian Primary School



Cambridge West Mental Health Support Team



Kathryn
Wood



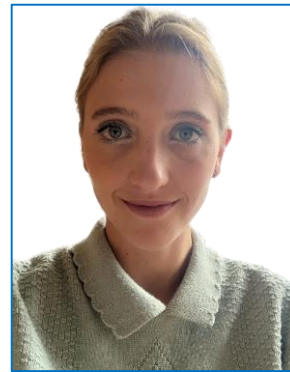
Anna
Lynch



Simona
Avellino



Susan
Gilbey



Lara
Gross



Gemma
Lilly



Rebecca
Ballard



Shirely
Morris

What do we do?

The Mental Health Support Team can offer support to help parents and carers with their child's fears, worries or behavioural difficulties.



Fears and Worries

Who the support is aimed at:

Anxiety is the word we use to describe feelings of worry, fear, and panic. This support is for parents and carers who have primary school aged children who may be:

- anxious, such as being afraid to separate from their parent or carer
- fearful of certain situations
- worrying about issues such as friendships or schoolwork

Evidence shows that parents and carers are best at supporting their primary aged child with fears and worries. We can help to equip parents and carers with the tools and skills needed to do this.



Support we can offer

We offer parents and carers **6 to 8 sessions**.

These sessions involve guided self-help, Cognitive Behaviour Therapy (CBT) based intervention. This is offered 1:1 either in person or online via a video call. Sessions include:

- psychoeducation
- supporting your child to face their fears
- supporting you to help build your child's confidence to tackle their worries
- a step-by-step plan to overcome fears
- problem solving

It is important to **practice the new tools and skills with your child between sessions**. This will help the intervention to work as best it can.



Behavioural difficulties

Who the support is aimed at:

This support is for parents and carers who have primary school aged children up to 9 years old who are showing mild behavioural difficulties.

Evidence shows that parents and carers are best at supporting their primary aged child with these difficulties. We will help to equip parents and carers with the tools and skills needed to do this.



Support we can offer

We offer parents and carers 6 to 8 sessions. These sessions involve guided self-help. This is offered 1:1 either in person or online via a video call.

Sessions include:

- learning about your child and their behaviour
- improving your relationship and using positive communication
- building self-esteem and improved behaviour through targeted praise
- using routines and boundaries to set appropriate limits for your child
- reducing problematic behaviour
- supporting emotional regulation in your child

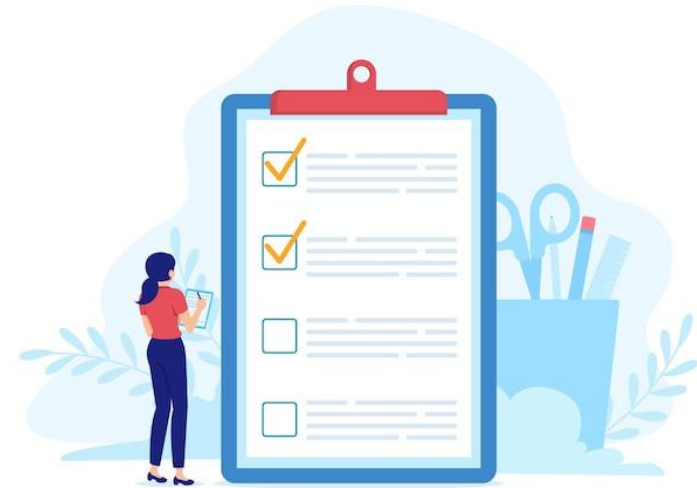
It is important for you to **practice the new tools and skills with your child between sessions.** This will help the intervention to work as best it can.





How to access your MHST

Speak to your child's Class Teacher.



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Thank you



Any further questions?