

Emotional Wellbeing support at your school!

February 2023

MHST

MHST@croydondropin.org.uk

Making emotional wellbeing accessible to all.



Who are we?

The Mental health support team (MHST) offer emotional wellbeing support at your school.

Our team is made up of Counsellors, Mental Health Practitioners and Emotional Wellbeing Practitioners. We offer one-to-one support to parents whose primary school children struggle with anxiety or behaviour that challenges. We also offer support to adolescents who show signs of anxiety and low mood. We run workshops and group interventions and you may also see us at your school assemblies, parents evenings or coffee mornings.

Workshops can be aimed towards parents, staff or children on various topics such as (exam) stress, transitions, emotional regulation, self-harm and more! if you have a request for workshops, please speak to your school.

What's on offer

We offer online workshops on topics such as stress, anxiety and low mood every Thursday at 5pm. We also offer an online chat space 'Keeping Connected' group for ages 11-25 every Tuesday. Please visit our website for more information:

www.talkofftherecordonline.org

We offer two-part workshops for parents/carers of young people who struggle with self-harm. Our upcoming workshop dates are: 21st & 28th February and 26th April & 3rd May 6.30pm-8.05pm. Please visit our website to sign up

<https://talkofftherecordonline.org/what-is-on-workshops>

Make a request for support

You can email us directly to find out more on mhst@croydondropin.org.uk or speak to your school to find out who can help you make a referral to our services.

Alternatively please visit Croydon Drop in: www.croydondropin.org.uk/

Or Off the Record:

www.talkofftherecord.org/





Help Is At Hand

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Are you a parent/carer living in Croydon struggling with your or your young person's mental health?



Make a request for support

Our phone lines are open from 12pm to 6pm, Monday to Friday:

07592 037 042

Alternatively you can contact us via email: outreach@croydondropin.org.uk

Help Is At Hand (HIAH) is here to support you.

HIAH is a phone based service that offers immediate crisis support for parents, carers and guardians without having to leave their homes. Our experienced team will assist with the immediate mental wellbeing of any parent or carer and provide a focus, to better understand how they can manage themselves, their young person or their child.

Children's Mental Health Week!

It was children's mental health week from 6-12th February, This year's theme was 'Let's connect'. Healthy connections can support our mental health and sense of wellbeing. Here are some ways you can help your child make healthy connections:

1. Encouraging social skills: Are there any clubs that your child can join? Whether this is at an after school club or an extra curricular activity, clubs can help your child embrace their creativity and make connections with likeminded individuals.

2. Supporting healthy boundaries: Parents can help their children establish healthy boundaries by teaching them to say 'no' when they feel uncomfortable and assert themselves in positive ways.

3. Modelling healthy relationships: Parents can help their children form healthy relationships by demonstrating healthy communication, conflict resolution and mutual respect in their own relationship.

Overall, parents can play a crucial role in helping children connect in a healthy way.

TALK TO US

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OFF THE RECORD

