

# MENTAL HEALTH SUPPORT TEAM

## WHO ARE WE?

Our team work for two local Croydon Young People's charities and is made up of Education Wellbeing Practitioners and Mental Health Practitioners (usually therapists). Our Education Wellbeing Practitioners offer targeted one-to-one and group support to parents of primary school children to help them to support their child with anxiety or common behaviour challenges. We also offer one-to-one and group support to adolescents who show signs of anxiety and low mood. We also run workshops and whole school or whole year group interventions, and you may also see us at school assemblies, parents evening, and coffee mornings.



## HOW TO CONTACT US?

You can e-mail us directly to find out more on [mhst@croydondropin.org.uk](mailto:mhst@croydondropin.org.uk) or speak to your school to find out who can help you make a referral to our services. **Please see the following page for information regarding parenting workshops.**

## SUPPORTING SCHOOL TRANSITIONS



This time of year brings around a lot of change for our young people as they move up a school year, into secondary school or further education. Below are ideas and resources for parents and carers to help support changes and transitions throughout the school years.



Encouraging your young person to explore and open up the conversation about their feelings about moving up a year, both negative and positive!



Help your young person feel connected with their new school/classroom through preparation. Look at the school website together, plan their route to school, and prepare their school bag. If possible, visit school beforehand.



Empower your child by building on their confidence and independence. Encourage them to take new steps and give praise for things they do well. Ensure your young person knows they can fall back on the security and safety of loved-ones, especially when going through change.

Resources:

<https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/>

## CHILDREN'S ONLINE SAFETY



Gaming and social media can have both positive and negative effects on your child's emotional wellbeing. At age six, 85% of children say they have access to a tablet at home, so it is important to be aware how to educate your child to play and interact online safely. Go to the link below to access helpful resources, including setting up parental controls and how to speak to your children around online safety.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

# ONLINE PARENT WORKSHOPS

Jointly run by Off The Record and Croydon Drop In

Join us on Zoom for the following workshops. Sign up via Eventbrite by scanning the QR code below. Cameras and microphones can be turned off.



## Introduction to Autism

June 14th 1-2pm and June 21st 5-6pm



## Looking after yourself for parents

June 28th 1-2pm and July 5th 5-6pm



Off The Record also run workshops for parents for support with **Self Harm** and **Emotionally Based School Avoidance** scan the QR code to the left to find out dates, times and how to sign up.



TALK TO US

**OFF THE RECORD**



**Are you OK  
Croydon?**



**You Talk,  
We Listen**  
Croydon Drop In