

Children's Wellbeing Practitioners (CWP)

Feeling sad or irritable?

Worrying a lot about things you can't control?

Finding it hard to enjoy the things you used to do?

Is anxiety stopping you from doing what you want?

At CDI we offer short term support for children and young people experiencing mild to moderate anxiety and low mood

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Work with parents and carers of younger children (aged 11 and under) with behavioural difficulties and anxiety.



You Talk,
We Listen
Croydon Drop In

How we can help:



Support for ages 12-18

Email subject: CWP-CYP

- 1:1 sessions for anxiety
- 1:1 sessions for low mood
- Group wellbeing sessions



Support for parents and carers

Email subject: CWP-PARENT

- 1:1 parent support
- Strategies to help manage your child's anxiety (ages 5-11)
- Support with managing your child's behaviour (ages 2-10)



Community support

Email subject: CWP-COMMUNITY

- Workshops for staff or parents/carers
- Helping you understand common behavioural difficulties
- Delivered in community settings

What support looks like:

- Guided self help to build your confidence in managing difficulties
- 6-8 sessions, with flexibility depending on need
- A safe and confidential space to talk
- Short waiting time for referrals

For more information or to make a referral, contact: enquiries@croydondropin.org.uk - please include the code listed under your chosen support option in the email subject