

PARENT-LED EMOTIONAL WELLBEING INTERVENTIONS AT YOUR SCHOOL.

THE INTERVENTIONS WE OFFER:

We offer confidential mild/moderate behaviour and anxiety interventions in which we work with parents over 6-8 weeks. The behaviour intervention targets challenging emotions, behaviours and situations experienced by the child. Similarly, the anxiety intervention helps with children who experience stressful situations, worries and fears.

WHY DO WE WORK WITH PARENTS/CARERS?

As parents/carers, you are the expert in your child! We would only see your child once a week, whereas you are likely to be with them everyday! Consistency is key for progress with the interventions so it is important that we empower parents/carers to be able to support their child by sharing strategies that they can implement at home. The interventions are 'guided self-help', designed to give you the necessary tools to transfer the skills to various future situations and become autonomous.

PARENT FEEDBACK:

"Good structured program, good structure of the sessions, excellent topics that were explained well. Helped us become better parents"

CONTACT US:

If you would like to find out more about the service we can offer, please contact: mhstetalkofftherecord.org
Please note that sessions are held in schools and so school will be made aware that you are accessing support with us, however, the session content would be kept confidential



TALK TO US

OFF THE RECORD



**Are you OK
Croydon?**



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