

City & Hackney Mental Health Support Team

PRIMARY SCHOOL STUDENT OFFERS

Mental Health Support Teams (MHST) are a service designed to meet the mental health needs of children and young people in education settings in Hackney



Group Offer

(4-6 sessions)

Managing emotions (Brain Buddies) – supporting students who struggle with emotion regulation to understand, identify and name emotions, use the Zones of Regulation to communicate their emotional needs, and practice emotion regulation strategies using their minds and bodies

Transitions – supporting students who are feeling worried about the transition to secondary school to understand their worries, identify their strengths, use emotion regulation strategies, and use problem-solving to cope with difficult situations

Self-esteem – supporting students to feel confident and proud of themselves, by learning what positive self-esteem is, acknowledging strengths and accomplishments, celebrating uniqueness, using positive self-talk, learning how to respond to mean behaviour and how to encourage others.

Tree of Life – aims to celebrate diversity and community, improve students' confidence and increase ability to cope with difficulties using a creative, strength-based approach.



Workshops / Lessons

(1 session)

Managing emotions – supporting students to understand, identify and name emotions, use the Zones of Regulation to communicate their emotional needs, and practice emotion regulation strategies using their minds and bodies

Transitions – encouraging students to think about what they are looking forward to as well as what they may be worried about, thinking about what they can do in the lead up to starting secondary school as well as once they have started to overcome worries and difficulties

Healthy relationships with ourselves and others – encouraging students to think about how they interact and communicate with themselves and with peers

5 to Thrive – promoting positive wellbeing through the five ways – connecting, being active, learning new things, giving, and taking notice.

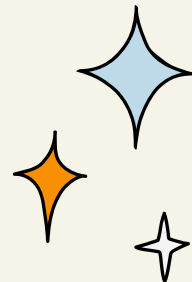




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PARENTS / CARERS OF PRIMARY STUDENTS OFFERS

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Individual Offer

(6 – 8 sessions)

Managing Child Anxiety* – Supporting parents to encourage their child to be independent and face fears with a step-by-step approach

Managing Child Behaviour that Challenges* – Supporting parent's to promote positive interactions, set clear expectations around behaviour, and address misbehaviour with appropriate strategies.

Online Offer

(Silvercloud)

Supporting an Anxious Child – for parents/carers who are looking to support their children in dealing with worry and anxiety, while also learning helpful strategies to tackle their own anxiety

Universal Offer

Throughout the year, our team offer a series of in-person groups open to all parents of students at City & Hackney schools.

Mindfulness – supporting parents to develop a practice of mindfulness to support them with caring for themselves and their families.

Workshops / Lessons

(1 session)

Introduction to Mental Health – understanding children's mental health, signs and symptoms of difficulties, how can you support, how to find further support

Supporting emotion regulation – understanding what emotion regulation is and why it is important, how can you support children and yourselves with emotion regulation

Managing Child Anxiety – an overview of the strategies covered in our 1:1 and group interventions

·**Managing Child Behaviour that Challenges** – an overview of the strategies covered in our 1:1 and group interventions

Supporting children with SATs stress – understanding your child's stress and worries, how can you support

Supporting Children through Transitions* – an overview of the strategies covered in our group intervention

Healthy sleep – explaining the importance of sleep and providing strategies to promote better sleep

*Also available in Group sessions (4-6 sessions)

