

Mental Health Support Team

Groundwork London

MHST Aims

Mental Health Support Teams are part of a governmental initiative to transform children and young people's mental health. To promote access to mental health services and improve children and young people's wellbeing.

MHST Primary School Offer

✨ One to One Parent Support

Anxiety

In Primary schools the Educational Wellbeing Practitioner (EWP) will deliver Low-Intensity Cognitive Behavioural Therapy (CBT) based parent interventions to support children with anxiety disorders. The interventions consist of one-to-one weekly sessions with parents/carers over a 6-8 week period. EWPs work collaboratively with parents to support their child with low to moderate anxiety including Generalised Anxiety, Separation Anxiety, Panic or phobia.

Challenging Behaviour

In Primary schools EWPs will deliver Anna Freud Centre's Social Learning Therapy (SLT), which explores techniques such as modelling and positive reinforcement to support children with low to moderate challenging behaviour. The interventions consist of one-to-one weekly sessions with parents/carers over a 9 week period.

✨ Group work

EWPs can deliver the Brain Buddies Emotional Regulation programme to Years 4, 5 or 6 within whole-class groups. The aim of the programme is to develop students' understanding of what emotion regulation is. Over a 10 week period, it focuses on psychoeducation and skills building in understanding, identifying and developing strategies for children to regulate their emotions through self-care, self-calming strategies and thinking strategies such as problem-solving.

✨ Further Support

The MHST is flexible and can tailor support depending on the school's need. We can offer assemblies, workshops and short term groups around wellbeing themes such as transition to secondary school, exam stress and self-care, as well as specific themes identified by the school. MHST can provide psychoeducation and support to children, staff, and parents / carers.

How to Access Support

If you feel you and your child may benefit from support please speak to your school's Mental Health Lead, who can then make a referral to our service.

For further information please contact:
MHSTsouthwark@groundwork.org.uk