



Croydon Mental Health Support Team

Primary School Parent/Carer Leaflet

South London and Maudsley
NHS Foundation Trust



*Does your child feel
anxious and/or have
lots of worries?*

*Are you finding it hard
to manage your child's
behaviour at home?*

*Do you have concerns
about your child's
emotional wellbeing?*

**If you've answered 'yes' to any of the above,
the MHST may be able to help you.**

Who are we?

We are an early intervention and prevention team. This means that we support families early on, before problems get very big.

What do we do?

We offer guided self-help sessions for anxiety or behaviour that challenges which are based on Cognitive Behavioural Therapy (CBT).

We work with parents/carers, rather than directly with the child. Research tells us that this is more effective as you know your child best!

We will meet with you for 6-8 sessions, with some home tasks to complete between sessions.

How will it help?

Our aim is to understand together what's going on for your child and to practice strategies that will help you towards your goals.

What next?

If you're interested in working with us, please speak to your child's class teacher, school SENCO or contact us directly via CroydonMHST@slam.nhs.uk

Helpful contact numbers

- Croydon CAMHS duty line (9am-5pm): **0203 228 0000**
- CAMHS Crisis Line (Mon-Fri, 5-10pm, weekends & bank holidays, 9am-9pm): **0203 228 5980**.
- SLAM mental health crisis line (weekdays 5pm – 9.30pm and weekends 1pm – 9pm): **0800 731 2864**
- NHS: **111**
- Emergency services: **999**