



# Mental Health Support Teams



Support available for Primary School Children

## Virtual Parent-Led Groups

Learn how to address your child's "*Fears & Worries*" or "*Behaviour Difficulties*".

Consists of 6 x 1 hour sessions & is easily accessible online

## Online Self Study

Our Online Support Intervention is a self study course that empowers parents to support their child with anxiety.

Speak to your school mental health lead for more info or visit our website:

## Single Sessions

A focused problem-solving session, guided by a mental health professional

Receive guidance and signposting with options for follow up support.

## School Consultations

With parent/carer permission we can provide advice to school staff about how to support your child.

