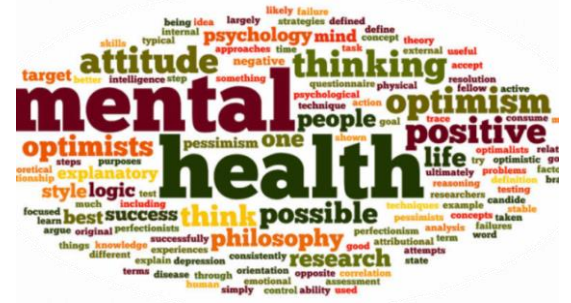


The **Mental Health Support Team** offers parents 1:1 sessions, workshops and group sessions to support their children with anxieties and mental health worries as follows:



### 1:1 or Groups

- ✓ Helping your child with Fears and Worries - 6 sessions for 1 hour 1:1 or group support is available.

### Workshops:

- ✓ Understanding my child's worries – 1 session for 50 minutes
- ✓ Sleep Management – 1 session for 50 minutes

If you are interested in any of these programmes of support please speak to the Family Support Worker (Mental Health Lead) in the first instance. Phone or text for an appointment with Sarah on: 07511 572534 or email: [sthompson-fitch@southendinfant.com](mailto:sthompson-fitch@southendinfant.com). For the 1:1 work a referral will need to be made.

Please note that these programmes are for low level anxiety so it is best to get the help earlier rather than later. Please don't let things fester, there are ways to help and support young children. There's always hope.



There are other avenues of support so always speak to your Family Support Worker to discuss the alternatives. If you have any anxieties, worries or mental health issues yourself Sarah is happy to discuss these and make referrals as necessary. However, a self-referral can be made to IAPT (Improving Access to Psychological Therapies) Tel. **0300 999 1616**. For Adult Counselling contact

Service Six to self-refer: <https://www.servicesix.co.uk/make-a-referral-directly-to-service-six/>. MIND in Rushden opposite Orbit Tyres also offers wellbeing groups of support and counselling: <https://www.northamptonshiremind.org.uk/copy-of-corby>