

Mental Health Support Team



TALK TO US
OFF THE **RECORD**

About Us

Who Are We?

- We are a Mental Health Support Team (MHST), set up through the charity Croydon Drop In.
- We work in 22 schools across the Croydon area, which has been growing since 2020.
- We work alongside similar charities, such as Off The Record.
- Our team consists of 11 individuals.
- Within Cypress Primary school, we have a Counsellor and an Emotional Wellbeing Practitioner.
- We are passionate about young people's emotional wellbeing.



About Us

What Do We Do?

- MHST's are set up to support children and young people facing mild-moderate mental and emotional health issues.
- Work within schools to supply early emotional-wellbeing interventions.
- Individual and group-based support for children & parents.
- Whole-school approach.
- Webinar support for staff, parents and carers.



Focal Areas



As the 6th Wave of the MHST Project our focal point is Post-Covid recovery, this covers a range of areas such as:

- Bereavement
- Trauma
- Anxiety
- Emotional-based school non-attendance
- Depression / Low Mood
- Loss of confidence
- Stress
- Struggles with identity
- Relationships
- Behavioural issues
- Transitions

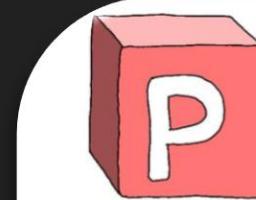
Emotional/Children's Wellbeing Practitioner

- Providing 1:1 to children in need of emotional wellbeing support.
- Supports relationship building with children through arts and play.
- Guided self-help with parents focusing on challenging behaviour (5 to 8 years) and anxiety for all ages
 - Anxiety - transitional, avoidance, separation, friendships
 - Behaviour – general, location specific, hyperactivity
- Delivering group sessions for young people encountering peer difficulties.
- Allowing young people and their parents to feel heard and supported.
- Offering strategies for continued support of emotional wellbeing.



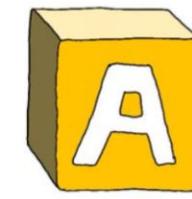
Counsellor and Emotional Health Practitioner

- Offer individual, confidential support through a Person-Centred and Play Therapeutic Approach
- Focus on Relationship Building
- Set and work on goals with young people
- Offer up to 8 sessions with option to re-refer
- Working with mild to moderate emotional wellbeing concerns.



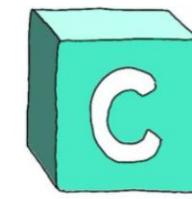
Playfulness

- Playfulness in interactions can diffuse conflict and promote connection e.g. Maintaining a relaxed 'lightness' and can involve making a joke (though this has to be done carefully)



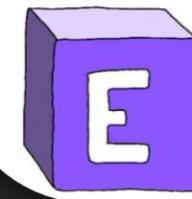
Acceptance

- Accepting needs and emotions that drive behaviour (not necessarily the behaviour) without judgement



Curiosity

- Being curious to where a behaviour has come from (in your head or out loud...)



Empathy

- Really connecting with how they are feeling and showing compassion

Frequently Asked Questions

- How do I refer my child?
 - Please speak to your schools MHST contact person (Suelaka Ebrahim) who will discuss the needs of your child and, if suitable, begin the referral process.
- How much does your service cost?
 - Nothing, we are free. We are an NHS funded service.
- How do I know what service I/my child will receive?
 - Following the referral process, it will be passed to our team, triaged, and allocated to the appropriate practitioner. The chosen practitioner will then contact you for an assessment call.
 - You can speak with your schools MHST contact person if you have a preference, however, we aim to offer the support that is most suited to each child's circumstances.

Frequently Asked Questions

- Do you offer support for parents/carers?
 - Unfortunately, we are unable to offer direct therapeutic support to you but, we can provide you with resources and signpost you to services that offer support.
- Will you 'fix' my child?
 - No. We don't see a child as someone to 'fix'. What we will do is listen and support your child's wants and needs, which can lead to positive changes in behaviour, increased confidence, feeling calmer and having a more positive outlook on life.
 - We also cannot diagnose a child with anything.

Any Questions?

