



Summer Support Offer – Primary School

Piece of Mind - Mental Health Support Team

The Piece of Mind team are currently working within your child's school. We offer early intervention and preventative support including 1:1, groups and whole school approaches. Our team includes a number of roles depending on the area of need. Education Mental Health Practitioners (EMHPs) from the team would like to offer their support to parents and caregivers over the summer holidays.

Anxiety – 1 Session support for parents/caregivers

Delivered by our EMHPs via **Microsoft Teams**

1hr 30mins session aiming for parents/caregivers:

- To develop an understanding of what anxiety is and how it presents in children.
- Develop basic strategies to support your child's symptoms of anxiety.
- Discuss next steps if you identify that you/or your child would benefit from further support

Dates/Times: (only need to attend 1)

- **Friday 6th August 2021, 1pm – 2:30pm**
- **Wednesday 25th August 2021, 10am – 11:30am**

Transition (Primary to Secondary)- 1 Session support for parents/caregivers

Delivered by our EMHPs via **Microsoft Teams**

1hour 30mins session aiming:

- To help parent(s)/caregivers to prepare you and your child for the transition to secondary school.
- To develop strategies to support your child through the transition process.
- Discuss next steps if you identify that you/or your child would like further support.

Dates/Times: (only need to attend 1)

- **Friday 20th August 2021, 2:30pm-4pm**
- **Thursday 26th August 2021, 11am – 12:30pm**



If you are interested please email: teww.cypsmhst@nhs.net

With which session you would like to attend, your full name, child's full name, your email address and contact number.