



# 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 (EMHP) and Psychological Wellbeing Practitioners (PWP) 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/PWPs 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 required to attend 1 session)**

- **Thursday 4<sup>th</sup> of August at 9.30am – 11.00am**
- **Friday 12<sup>th</sup> of August at 3.30pm – 5.00pm**

## Transition (Primary to Secondary) - 2 Session support for parents/caregivers

Delivered by our EMHPs/PWPs via **Microsoft Teams**

1hour 30mins with an EMHP/PWP.

- 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: (will need to attend both sessions on whichever day is most suitable)**

- **Monday 8<sup>th</sup> and Monday 15<sup>th</sup> August: 5.30pm – 7.00pm**
- **Friday 12<sup>th</sup> and Tuesday 19<sup>th</sup> August: 10.00am – 11.30am**



**If you are interested, please speak to a member of school staff and provide:  
Which session you would like to attend, your full name, child's full name,  
email address and contact number.**