



# Mental Health and Wellbeing

SUPPORT AVAILABLE TO PRIMARY AND  
SPECIAL SCHOOLS

## Introduction

This Mental Health Directory of Support brings together information about local and national organisations that provide support to schools, children, young people and families on Mental Health. It was produced by Camden's Health and Wellbeing Team in response to requests from schools for one place to find a wide range of support.

*Please note: whilst every effort has been made to ensure the organisations included are reputable and well-known to schools, we cannot guarantee the quality of any organisation that is not Council-based or that is not commissioned by the Council, nor take any responsibility for*

*the services they provide. Organisations that are Council-based or commissioned are shown by  or *

Every effort has been made to ensure the information is correct. However, if there are changes you are aware of or know of an organisation that would be useful to include, please contact [deborah.kaiser@camden.gov.uk](mailto:deborah.kaiser@camden.gov.uk) or [naila.hirani@camden.gov.uk](mailto:naila.hirani@camden.gov.uk)





We hope it will be useful to schools in their work to support children's mental health and resilience.

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## WHOLE SCHOOL APPROACHES TO PREVENTION


AREA	SUPPORT OFFERED	COST	CONTACT
DEVELOPING A MENTAL HEALTH and WELLBEING POLICY  	<ul style="list-style-type: none"> <li>• Access to an example policy that can be adapted for individual schools</li> <li>• Support to the mental health lead and other key staff to develop the policy to meet the needs of the school</li> <li>• Support and ideas on ways to consult staff, parents and pupils</li> </ul>	<b>FUNDED</b>	<a href="mailto:deborah.kaiser@camden.gov.uk">deborah.kaiser@camden.gov.uk</a> Or <a href="mailto:naila.hirani@camden.gov.uk">naila.hirani@camden.gov.uk</a>
GROWTH MINDSETS AND RESILIENCE  	<ul style="list-style-type: none"> <li>• Access to Camden's Growth Mindsets Hub to share good practice between schools and explore the latest work happening in schools</li> </ul>	<b>FUNDED</b>	<a href="mailto:martin.cresswell@camden.gov.uk">martin.cresswell@camden.gov.uk</a>
iMHARS  Islington Mental Health And Resilience In Schools Framework- <i>available to Camden schools</i>  	<ul style="list-style-type: none"> <li>• Support to review what the school is doing to develop resilience, promote positive mental health and support children at risk of or experiencing mental health problems</li> <li>• Identifying strengths and areas for development</li> <li>• Make recommendations for practice, next steps and support to achieve them</li> </ul>	<b>FUNDED</b>	<a href="mailto:deborah.kaiser@camden.gov.uk">deborah.kaiser@camden.gov.uk</a>  For more information and the Toolkit <a href="http://www.islingtoncs.org/imhars">www.islingtoncs.org/imhars</a>
TIPiC (Trauma Informed Practice in Camden)  	<ul style="list-style-type: none"> <li>• A 1-day training delivered by Camden TIPiC trainer followed by on-going bespoke support delivered by TIPiC Champions</li> <li>• The training aims to help schools understand the impact of trauma on behaviour and how to approach challenging behaviour from a trauma informed perspective</li> <li>• The outcomes for schools that engage with TIPiC are:               <ul style="list-style-type: none"> <li>• Reduction in school's exclusions</li> <li>• Updated behaviour policies</li> <li>• Reduction in consequences that promote isolation</li> </ul> </li> </ul>	<b>FUNDED for 15 Schools</b>	<a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a>  <a href="mailto:David.fourmy@camden.gov.uk">David.fourmy@camden.gov.uk</a>



## SPECIALIST AND TARGETTED SUPPORT FOR C&YP

<p>CHILDREN AND FAMILIES CONTACT TEAM (MASH and the Early Help Team)</p> 	<ul style="list-style-type: none"> <li>• Advice, information and support for vulnerable and at risk CYP</li> <li>• The Team is made up of staff from MASH and the Early Help Team and other Early Help and specialist services.</li> <li>• Safeguarding referrals managed by the MASH Team and low level need referrals dealt with by the Early Help Team. Robust step up / step down processes ensure continuity during transition from statutory to universal / Early Help services.</li> <li>• Early Help Team provide information about Early Help services, and advice and support if your referral did not meet the safeguarding threshold. Guidance and support with making and tracking a referral and help with the Early Help pathway.</li> </ul>	<p><b>FUNDED</b></p>	<p>Contact the Children and Families Contact Team on: 0207 974 3317 or <a href="mailto:LBCMASHadmin@camden.gov.uk">LBCMASHadmin@camden.gov.uk</a></p> <p>For more information on the Children and Families Contact team <a href="http://www.cscb-new.co.uk/?page_id=7058">www.cscb-new.co.uk/?page_id=7058</a></p>
<p>CAMDEN MOSAIC</p> 	<ul style="list-style-type: none"> <li>• Camden MOSAIC is an integrated service that works with severely disabled children and children with complex needs, including sensory impairments in Camden.</li> <li>• They work with families to develop a greater understanding of their child's needs and to agree a plan that is reviewed over time.</li> <li>• Camden MOSAIC provides support for children from birth to the age of 19.</li> </ul>	<p><b>FUNDED</b> Via referral from GPs and other health and education professionals</p>	<p><a href="https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-mosaic/">https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-mosaic/</a></p>
<p>CAMDEN NHS SPEECH AND LANGUAGE THERAPY SERVICE</p> <p>LISTEN-EAR (Enjoy, Achieve, Relate)</p>	<ul style="list-style-type: none"> <li>• Listen-EAR is a universal and/or targeted level intervention developed by Camden SLT Service to support positive communication and interaction within the school population.</li> <li>• This is in part a response to the strong evidence highlighting co-morbidity of communication difficulties and social, emotional and mental health difficulties as evidenced in the Royal College of Speech and Language Therapists 'Resource Manual for Commissioning and Planning Services for SLCN'</li> </ul>	<p>Schools can commission additional services in addition to the core offer from the NHS</p>	<p>Main Contact: Kate Bayley, Head of Camden SLT Service: <a href="mailto:kate.bayley1@nhs.net">kate.bayley1@nhs.net</a> Phone: 0203 772 0390 Laura McLean, Camden Service for Young People: <a href="mailto:laura.mclean@nhs.net">laura.mclean@nhs.net</a> Jane Vallance, Complex Needs SLT Team: <a href="mailto:janevallance@nhs.net">janevallance@nhs.net</a></p>

			Sukdeep Reehal, Camden Language and Communication Service: <a href="mailto:sukdeep.reehal@nhs.net">sukdeep.reehal@nhs.net</a>
CAMHS in SCHOOLS	<p>Senior clinicians from the 2 Tavistock CAMHS teams provide a generic multidisciplinary CAMHS service to all schools in Camden. This involves regular visits to the schools and a range of interventions.</p> <p>These include:</p> <ul style="list-style-type: none"> <li>• Taking referrals</li> <li>• Assessment</li> <li>• Liaison with other agencies</li> <li>• Treatment on site – e.g. individual therapy, family or parent work, group work</li> <li>• Access to specialist CAMHS services</li> <li>• Consultation with school staff including pre referral advice</li> <li>• Training in mental health themes</li> </ul> <p>The aim is to offer a generic service in schools to facilitate better access for children or families who may be difficult to engage. There is flexibility for clinicians to develop a bespoke approach</p>	<p><b>FUNDED Core Service:</b> Half a day per fortnight for primary schools</p> <p><b>Enhanced service:</b> 2 days per month £6K.</p>	<p>Victoria Blincow <a href="mailto:VBlinchow@tavi-port.nhs.uk">VBlinchow@tavi-port.nhs.uk</a></p> <p> schoolbrochuref.pdf</p>
 Camden			
CAMHS (Open Minded) self referrals	<ul style="list-style-type: none"> <li>• Also take self referrals (form downloaded from Tavistock <a href="#">website</a>) or call <b>0208 398 2241</b> (Mon to Fri, 9am to 5pm) or via the GP.</li> <li>• Most of their work is being done remotely but young people are being seen face to face if needed.</li> </ul>	<b>FUNDED</b>	<p>Online self referral form and more information: <a href="https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-camhs-open-minded/">https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-camhs-open-minded/</a></p>
 Camden			
TOPS Tavistock outreach in primary schools	<ul style="list-style-type: none"> <li>• TOPS helps children who often have severe emotional difficulties and behave in ways that are extremely upsetting and hard to manage, for them, their family and their school.</li> <li>• TOPS works where other interventions have not been successful and/or when the family prefers to be seen at school. TOPS works closely with teachers and education</li> </ul>	<p><b>Funded by schools</b> and donations (e.g. lottery)</p>	<p>020 8938 2232 <a href="mailto:TOPSadmin@tavi-port.nhs.uk">TOPSadmin@tavi-port.nhs.uk</a></p> <p>More info: <a href="https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-camhs-open-minded/">https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-camhs-open-minded/</a></p>
 Camden			




	staff, as well as working with individual children, their families and whole class groups.		<a href="https://www.coram.org.uk/services/tavistock-outreach-in-primary-schools-tops/">services/tavistock-outreach-in-primary-schools-tops/</a>
<p><b>CORAM CREATIVE THERAPIES</b></p> <ul style="list-style-type: none"> <li>• Art Therapy</li> <li>• Music Therapy</li> <li>• Family Interventions</li> </ul> <p>For children, young people and families.</p>	<ul style="list-style-type: none"> <li>• Creative therapy provides a safe place where children can explore how to communicate and express their feelings using art, music and play.</li> <li>• Creative therapy is an evidenced-based approach for children with a range of issues including behavioural difficulties, trauma, bereavement, emotional wellbeing and social interaction.</li> <li>• Services include individual or group art and music therapy sessions, family work, 0-5 years therapeutic parenting</li> <li>• Art and music therapists can also work in schools</li> </ul>	<b>FUNDED</b>	<p>Pears Pavilion @Coram Campus, Coram 41 Brunswick Square London WC1N 1AZ</p> <p>Referrals can be made via <a href="mailto:creativetherapyadmin@coram.org.uk">creativetherapyadmin@coram.org.uk</a></p>
<p>Creating Calm: An Introduction to Yoga, Mindfulness and Meditation Practices for Children</p> <p> Camden</p>	<ul style="list-style-type: none"> <li>• 2.5 hours</li> <li>• Yoga, mindfulness and meditation practices are suitable for all children, including those with additional needs such as low self-esteem, ADHD, ASD, SEMH needs and learning difficulties.</li> <li>• This workshop is facilitated by a qualified children's yoga teacher, with experience in using yoga and mindfulness to support children with special educational needs.</li> </ul>	<b>Traded or School Allocation</b>	<a href="mailto:gemma.atkinson@camden.gov.uk">gemma.atkinson@camden.gov.uk</a>
<p><b>EDUCATION PSYCHOLOGY SERVICE (EPS)</b></p> <p> Camden</p>	<ul style="list-style-type: none"> <li>• The EPS provides specialist advice to support schools, colleges and early years providers to meet the needs of children and young people with special educational needs, 0 – 25 years, including those with the most complex needs.</li> </ul>	Information about costings / bookings please visit: <a href="#">Educational Psychology Service</a>	<p><a href="mailto:hilary.forbes@camden.gov.uk">hilary.forbes@camden.gov.uk</a></p> <p><a href="mailto:shane.gallagher@camden.gov.uk">shane.gallagher@camden.gov.uk</a></p>




<p>MENTAL HEALTH SUPPORT TEAMS (MHST) in schools</p> <p>for children, young people and families</p> 	<ul style="list-style-type: none"> <li>• School practitioner <b>consultations</b> with staff for low level presenting concerns</li> <li>• <b>1:1 Interventions</b> with parents and/or children for mild-moderate concerns. Areas include: <ul style="list-style-type: none"> <li>○ Child Anxiety (Primary age and Parent Led) *</li> <li>○ Challenging behaviour (Primary age and Parent led)*</li> <li>○ Nurture Intervention (Primary age, play based and child led)</li> </ul> </li> <li>• <b>Group interventions</b> with children for mild-moderate concerns. Areas include: <ul style="list-style-type: none"> <li>○ Group for Anxiety / Worries (Year 5 &amp; 6 only)*</li> </ul> </li> <li>• <b>Whole-Class</b> interventions <ul style="list-style-type: none"> <li>○ Emotional regulation (Year 5 &amp; 6)</li> <li>○ Breathe mindfulness based 4 session curriculum (Years 5 &amp; 6)</li> </ul> </li> <li>• <b>Workshops</b> and coffee mornings for parents of primary age <ul style="list-style-type: none"> <li>○ Supporting worries*</li> <li>○ Parent self-care*</li> <li>○ Promoting positive parent/child relationships*</li> <li>○ Implementing routines*</li> <li>○ Promoting quality sleep for your child*</li> <li>○ Supporting your child, the Transition to Secondary School*</li> </ul> </li> <li>• <i>*All these can be delivered online via Zoom.</i></li> </ul>	<p><b>FUNDED</b> (only available for schools with Mental Health Support Teams)</p>	<p>For Parents or allied Child Professionals e.g. Educational Psychologists, Speech and Language Therapists, Occupational Therapists etc:</p> <p>Please speak with your school Special Educational Needs Co-ordinator/Inclusion Manager and/or Designated Mental Health Lead.</p> <p>Referrals can also be made via Camden (<a href="#">Open Minded</a>)</p> <p>The Tavistock and Portman NHS Foundation Trust Tavistock Centre 120 Belsize Lane London NW3 5BA</p> <p>020 8938 2241 <a href="mailto:tpn-tr.CYAF-Intake@nhs.net">tpn-tr.CYAF-Intake@nhs.net</a></p> <p>For Schools:</p> <p>Please raise your requests with your school linked CAMHS clinician and/or MHST School Practitioner.</p> <p>Or make a referral via the address shown above.</p>
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<p>Robson House Outreach for SEMH Needs (PLSS)</p> <p> Camden</p>	<ul style="list-style-type: none"> <li>• Support for primary schools in meeting children's social, emotional and mental health needs, promoting wellbeing and managing challenging behaviour.</li> <li>• Our work includes advice on policy and systems, training, coaching and modelling, consultation, and direct work with groups and individual pupils.</li> <li>• Work related to individual, named children requires an eCAF referral.</li> </ul>	<p>FUNDED for mainstream primary schools</p>	<p>Schools can contact their allocated Outreach Teacher directly to discuss any issues they are facing.</p> <p>General enquiries can also be directed to: <a href="mailto:admin@camden-plss.camden.sch.uk">admin@camden-plss.camden.sch.uk</a></p>
<p>STRENGTH AND LEARNING THROUGH HORSES</p>	<ul style="list-style-type: none"> <li>• A specialist stables in North London that provides Equine Therapy to disadvantaged or vulnerable young people and adults</li> </ul>	<p><b>Funded</b> by 2 charities</p>	<p><a href="http://www.strengthandlearningthroughhorses.org/">http://www.strengthandlearningthroughhorses.org/</a></p>
<p>SUPPORTING THE EMOTIONAL NEEDS OF CHILDREN AND YOUNG PEOPLE WITH SEND IN MAINSTREAM SETTINGS</p>	<ul style="list-style-type: none"> <li>• School to school support offered by Swiss Cottage Research and Development Centre</li> </ul>	<p><b>Cost – by negotiation</b></p>	<p>0207 681 8080  <a href="mailto:lucy.hall@swisscottage.camden.sch.uk">lucy.hall@swisscottage.camden.sch.uk</a>  <a href="mailto:Rebecca.Shaw@swisscottage.camden.sch.uk">Rebecca.Shaw@swisscottage.camden.sch.uk</a></p>
<p>SAFEGUARDING MENTAL HEALTH</p> <p> Camden</p>	<ul style="list-style-type: none"> <li>• Lessons we can learn from the health sector in planning for pupils presenting a high level of risk.</li> <li>• Team around the Child Approach</li> <li>• Participants observe handover meetings for vulnerable and at risk target group at Royal Free Hospital Children's School exemplifying high quality practice.</li> </ul>	<p><b>FUNDED</b></p>	<p><a href="mailto:head@royalfree.camden.sch.uk">head@royalfree.camden.sch.uk</a></p> <p>Alex Yates Headteacher</p> <p>Royal Free Hospital Children's School</p>





## CURRICULUM SUPPORT AND RESOURCES




<p>BRIGHT MINDS BRIGHT MOODS</p> <p>Key stage 2</p> <p> Camden</p>	<ul style="list-style-type: none"> <li>• A cognitive behaviour therapy (CBT) programme which helps children / young people increase resilience, decrease anxiety, develop positive coping styles to deal with difficult situations.</li> <li>• Co-delivered with school staff, skills learned can be transferred into whole class PSHE teaching.</li> <li>• This can be delivered as a whole class universal programme or within a small group as a targeted programme.</li> <li>• 8 weekly, 1 hour sessions with pupils and key staff</li> <li>• Pre and post-intervention scores demonstrate that Bright Minds Bright Moods reduces anxiety scores and increases resilience</li> </ul>	<p><b>15 sessions of EP time (7.5 days)</b></p>	<p><a href="mailto:Neelam.Kumar@camden.gov.uk">Neelam.Kumar@camden.gov.uk</a> Senior Educational Psychologist</p>
<p>CAMDEN HEALTH AND WELLBEING TEAM-CURRICULUM AND TEACHING</p> <p></p>	<ul style="list-style-type: none"> <li>• Primary schools can download the Camden Suggested Scheme of work from MyDrive, which includes lessons on Mental Health.</li> <li>• The Scheme of Work has been updated to ensure compliance with the statutory Health Education and Relationships Education guidance</li> </ul>	<p><b>FUNDED</b></p>	<p><a href="mailto:Jude.clements@camden.gov.uk">Jude.clements@camden.gov.uk</a></p> <p><a href="https://my.uso.im">https://my.uso.im</a> Then Health and Wellbeing &gt; Primary Schools &gt; PSHE &gt; 2020 Camden Suggested SoW</p> <p>Scheme of Work:</p> <p> Whole School overview.pdf</p>
<p>'COOPERATION' SCHEME OF WORK FOR PRIMARY SCHOOLS</p> <p>Communication, Metacognition &amp; Emotional literacy strands</p>	<ul style="list-style-type: none"> <li>• Based on a project developed at Kingsgate primary school, this work embeds resilience and cooperation in school practice at an individual, group and whole-school level.</li> <li>• It uses sociograms to assess pupils and their relationships (from a socio-behavioural questionnaire) and explore which groups / individuals would benefit from support</li> <li>• It provides a scheme of work for resiliency and cooperation</li> </ul>	<p><b>5 sessions</b></p> <p><b>For schools in SLA=£1125 or FUNDED if from their core allocation</b></p>	<p><a href="mailto:Neelam.Kumar@camden.gov.uk">Neelam.Kumar@camden.gov.uk</a> Senior Educational Psychologist</p>




			
<b>HAPPINESS PROJECT</b>  A whole-school initiative created by Christ Church Hampstead	<ul style="list-style-type: none"> <li>• A whole-school initiative spanning 10 weeks, using assemblies and follow-up class activities to promote pupils' positive mental health and wellbeing.</li> <li>• See the case study embedded here for details.</li> </ul>	<b>N/A</b>   Christ Church - Happiness Project -	<a href="mailto:gill.morris@camden.gov.uk">gill.morris@camden.gov.uk</a>
<b>INSIDE OUT – GETTING IN TOUCH WITH YOUR FEELINGS</b>  	<ul style="list-style-type: none"> <li>• Based on the Pixar film, Inside Out, schools can access this primary resource for Years 5 and 6.</li> <li>• Available to download from My Drive: <a href="https://my.uso.im">https://my.uso.im</a> &gt; Health and Wellbeing &gt;Primary&gt;Mental health &gt; Teaching resources</li> </ul>	<b>FUNDED</b>  Available to download	For more information contact: <a href="mailto:Jude.clements@camden.gov.uk">Jude.clements@camden.gov.uk</a>
<b>'I GOTTA FEELING'</b>  Key stage 2 (Year 5/6)	<ul style="list-style-type: none"> <li>• Workbook with tips to help children when they are feeling sad, worried or troubled.</li> </ul>	<b>FUNDED</b>	<a href="https://www.annafreud.org/media/3194/year7_help4pupils.pdf">https://www.annafreud.org/media/3194/year7_help4pupils.pdf</a>
<b>MENTAL HEALTH WELLBEING PROGRAMME</b>	<ul style="list-style-type: none"> <li>• A back to school mental health programme for Year 6</li> <li>• 10 lesson plans</li> <li>• The Outreach Team offer training for teachers using the lessons</li> </ul>	<b>FUNDED</b>	Robson House SEMH Outreach <a href="mailto:krishna.mistry@camden-plss.camden.sch.uk">krishna.mistry@camden-plss.camden.sch.uk</a>
<b>PSHE ASSOCIATION TEACHING ABOUT MENTAL HEALTH</b>	<ul style="list-style-type: none"> <li>• The lesson plans are designed to be used in conjunction with the guidance, with topics including teaching children how to describe emotions, talk about anxiety and worries, and develop coping strategies</li> <li>• These resources have been included in the Camden suggested PSHE Scheme of Work</li> </ul>	<b>FUNDED</b>	<a href="mailto:jude.clement@camden.gov.uk">jude.clement@camden.gov.uk</a>  <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and">https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and</a>
<b>TALKING MENTAL HEALTH (Upper KS2)</b>	<ul style="list-style-type: none"> <li>• Animation to help understand what mental health is and how to manage 'big' and 'small' feelings.</li> </ul>	<b>FUNDED</b>	Anna Freud teaching resources: <a href="http://www.annafreud.org/what-we">http://www.annafreud.org/what-we</a>


	<ul style="list-style-type: none"> <li>Resources include an assembly, lesson plan, display resources, cross-curricular ideas and a parent leaflet.</li> </ul>		<a href="https://do.schools-in-mind/youre-never-too-young-to-talk-mental-health/">do/schools-in-mind/youre-never-too-young-to-talk-mental-health/</a>
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## INFORMATION, SUPPORT AND TRAINING FOR STAFF

<p>CAMDEN HEALTH AND WELLBEING TEAM – ADVICE, SUPPORT AND TRAINING</p> 	<ul style="list-style-type: none"> <li>Support and training for Mental Health Leads and staff responsible for mental health including iMHARS, networks, advice and 1:1 support</li> <li>Central and school-based training for teaching and support staff</li> <li>Workshops for parents and carers</li> <li>Support on policy development</li> </ul>	<b>FUNDED</b>	<a href="mailto:Deborah.kaiser@camden.gov.uk">Deborah.kaiser@camden.gov.uk</a>  <a href="mailto:Naila.hirani@camden.gov.uk">Naila.hirani@camden.gov.uk</a>
<p>CAMDEN HEALTH AND WELLBEING TEAM- RESOURCES FOR SCHOOLS</p> 	<ul style="list-style-type: none"> <li>Access to guidance and resources on mental health</li> </ul>	<b>FUNDED</b>	<a href="https://my.uso.im">https://my.uso.im</a> Then Health and Wellbeing > Primary Schools > Mental Health
<p>ANNA FREUD CENTRE Schools in mind</p> <p>Mental Health toolkit for Schools</p>	<ul style="list-style-type: none"> <li>Schools in Mind is a network for school staff and professionals.</li> <li>It provides up-to-date and accessible information and resources that teachers and school leaders can utilise to support the mental health and wellbeing of their whole school community.</li> <li>The toolkit raises staff awareness of the range of validated tools that are available to help measure subjective mental wellbeing amongst the student population to identify the mental wellbeing needs of students and determine how best to address these.</li> </ul>	<b>FUNDED online resource</b>  <b>FUNDED downloadable toolkit</b>	<a href="http://www.annafreud.org/services-schools/schools-in-mind/">http://www.annafreud.org/services-schools/schools-in-mind/</a>  <a href="http://www.annafreud.org/services-schools/schools-in-mind/resources-for-schools/mental-health-toolkit-for-schools/">http://www.annafreud.org/services-schools/schools-in-mind/resources-for-schools/mental-health-toolkit-for-schools/</a>
MENTALLY HEALTHY SCHOOLS	<ul style="list-style-type: none"> <li>Website with resources for primary about mental health</li> </ul>	<b>FUNDED</b>	<a href="https://www.mentallyhealthyschools.org.uk/">https://www.mentallyhealthyschools.org.uk/</a>



Dr Pooky Knightsmith: Mental Health Educator, Author and Advisor.	<ul style="list-style-type: none"> <li>Online learning platform includes videos, blogs, advice and a list of books she has written, all explaining different approaches / interventions to developing children's mental health and resilience</li> </ul>	<b>FUNDED online resource</b>	<a href="https://www.pookyknightsmith.com/">https://www.pookyknightsmith.com/</a>
Staff Wellbeing (Bespoke)	<ul style="list-style-type: none"> <li>Educational psychologists can provide support to staff through a range of problem solving approaches:</li> <li>Supervision (with individuals or in groups)</li> <li>Reflecting teams</li> <li>Coaching</li> </ul>	<b>Traded or School Allocation</b>	Contact link EP for your school/setting in the first instance <a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a> <a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a> <a href="mailto:Shane.gallagher@camden.gov.uk">Shane.gallagher@camden.gov.uk</a>
 <b>VIDEO INTERACTION GUIDANCE</b>  (VIG)	 <ul style="list-style-type: none"> <li>An Evidence-based intervention (recommended in NICE guidelines) through which a practitioner uses video clips of authentic situations to enhance communication within relationships.</li> <li>3 cycles of filming and sharing clips</li> <li>VIG principles and practice can be applied to any relationship and any age range.</li> <li>5-10 minutes of footage is taken of interactions between teaching staff, pupils or parents, for example, and reviewed to develop more attuned relationships</li> <li></li> </ul>	VIG needs 3/4 sessions per case.  Schools can either use some of their <b>core allocation or buy in extra.</b>	<a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a>   What is VIG Poster May 2016.pdf
Video Enhanced Reflective Practice (VERP)  <i>Training</i>	<ul style="list-style-type: none"> <li>Half day central training (1 session) &amp; 3X's group supervision slots, half day of sharing learning <ul style="list-style-type: none"> <li>VERP is based on the same core elements as Video Interactive Guidance. It involves the video recording of real-life situations and then using a 'shared-review' to analyse the video clips in a one to one or small group meetings with a guider (facilitator).</li> <li>The principles and practice of VERP are very versatile and can be applied to any relationship and any age range.</li> <li>VERP seeks to work with adult learners intrinsic wish to develop their knowledge and skills by increasing motivation</li> </ul> </li> </ul>	<b>FUNDED</b>	<a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a>

	<p>to learn through building on strengths (Brown and Rutter 2006).</p> <ul style="list-style-type: none"> <li>• This is done by highlighting moments of successful use of the key principles of attuned interaction. To bridge theory and practice promoting effective and satisfying communication.</li> </ul> <p>To enable us to critically reflect upon our own professional practice using applied analytical tools. To enable us to recognise and build upon strengths in our own professional practice. To enable us to identify areas for development (working points) to enhance professional practice and performance</p>		
<p>Developing policies for critical incidences in school settings For Leadership Teams within educational settings <i>Training</i></p> 	<p>After the course, attendees will:</p> <ul style="list-style-type: none"> <li>• Have increased knowledge about types of critical incidences and specific Camden data,</li> <li>• Have increased knowledge about the support offered through Camden Educational Psychology Critical Incident Support Service,</li> <li>• Have increased knowledge about best practice in responding to critical incidences and policy information</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p><a href="mailto:Drkerry.moore@camden.gov.uk">Drkerry.moore@camden.gov.uk</a></p> <p><a href="mailto:Colin.chance@camden.gov.uk">Colin.chance@camden.gov.uk</a></p> <p><a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a></p>
<p>Attachment: exploring the impact of attachment on the social, emotional and behavioural needs of young people <i>Training</i></p> 	<p>A 1 day training;</p> <ul style="list-style-type: none"> <li>• To think about parental/caregiver initial relationships with children and how this impacts on emotional and social development.</li> <li>• To develop an understanding of how these relationships and early attachments impact on classroom behaviours and how these communicate underlying emotional states.</li> <li>• For staff to reflect on and develop strategies of how to support young people presenting with emotional, social and behavioural needs.</li> <li>• To consider the impact of staff/teacher wellbeing when working with young people with social, emotional and behavioural needs.</li> </ul>	<p><b>FUNDED</b></p>	<p>Contact link EP for your school/setting in the first instance</p> <p>or</p> <p><a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a></p> <p><a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a></p> <p><a href="mailto:Shane.gallagher@camden.gov.uk">Shane.gallagher@camden.gov.uk</a></p>




<p>CHARLIE WALLER FOUNDATION TRUST <i>Training</i></p>	<ul style="list-style-type: none"> <li>The Young People and Schools Programme at the Charlie Waller Memorial Trust offer FUNDED mental health training and support to school staff and pupils based on individual school needs</li> </ul> <p>Examples include:</p> <ul style="list-style-type: none"> <li>Staff CPD on self-harm, eating disorders, anxiety, depression</li> <li>Developing impactful classroom activities and programmes</li> <li>Sessions for staff / pupils that develop resilience/coping skills</li> <li>Pupil workshops on self-harm, depression, self-esteem</li> <li>Parent sessions on issues impacting child mental health</li> </ul>	<p><b>FUNDED but please make a donation</b></p>	<p>Book via online form, <a href="https://www.cwmt.org.uk/schools-families">https://www.cwmt.org.uk/schools-families</a> or email <a href="mailto:lan.macdonald@cwmt.org">lan.macdonald@cwmt.org</a> or <a href="mailto:annabelle.martin@cwmt.org">annabelle.martin@cwmt.org</a> Website: <a href="http://www.cwmt.org.uk/mental-health-training-for-schools/">http://www.cwmt.org.uk/mental-health-training-for-schools/</a></p>
<p>CIRCLE TIME TRAINING FOR PRIMARY SCHOOLS <i>Training</i></p>	<p>A refresher for staff or for those new to circle time</p> <ul style="list-style-type: none"> <li>The key principles of circle time and an easy to follow structure</li> <li>Strategies to manage issues that arise in circle time</li> <li>A practical session based on a bespoke lesson plan produced around a theme suggested by the school</li> </ul>	<p><b>FUNDED</b></p>	<p><a href="mailto:gill.morris@camden.gov.uk">gill.morris@camden.gov.uk</a></p>
<p>Domestic Violence and Abuse training for staff <i>Training</i></p>	<ul style="list-style-type: none"> <li>1 or 2 day training</li> <li>To raise awareness about the impact of domestic violence and abuse on children and their learning</li> <li>To consider how staff may recognise signs that children and their family are experiencing domestic violence and abuse.</li> <li>To consider the impact of staff/teacher wellbeing when working with children experiencing domestic violence and abuse.</li> <li>To consider how to support pupils who have experienced domestic violence and abuse.</li> <li>To provide a reflective space to hear staff concerns and develop confidence in working practices.</li> <li>The additional day option would cover: more detail at the triad which exists between mental health needs in parents, alcoholism and domestic abuse, more detail of the impact of domestic abuse as well as more time to consider vignettes, mock cases and role play.</li> </ul>	<p><b>FUNDED</b></p>	<p>Amy Stanton <a href="mailto:amy.stanton@camden.gov.uk">amy.stanton@camden.gov.uk</a></p>
			



<p>EIGHT WEEK MINDFULNESS COURSE <i>Training</i></p>	<p>This course is for complete beginners as well as for those who have had some experience of meditation or mindfulness. It is an introduction to mindfulness practices to use for yourself or as a possible first step to apply them in their work at a later stage.</p>	<p>£350</p>	<p>The Tavistock and Portman NHS Foundation Trust <a href="https://tavistockandportman.nhs.uk/training/cpd-courses/mindfulness/">https://tavistockandportman.nhs.uk/training/cpd-courses/mindfulness/</a></p>
<p>EMOTIONAL LITERACY SUPPORT ASSISTANTS (ELSA) <i>Training</i></p> <p> Camden</p>	<ul style="list-style-type: none"> <li>• Training for staff to become Emotional Literacy Support Assistants</li> </ul>	<p><b>6 days of EP training.</b> Termly supervision (approx. 2 hours per term).</p> <p><b>Traded or School Allocation</b></p>	<p>Educational Psychologists: <a href="mailto:Gemma.Atkinson@camden.gov.uk">Gemma.Atkinson@camden.gov.uk</a> <a href="mailto:Ellie.Hayes@camden.gov.uk">Ellie.Hayes@camden.gov.uk</a> <a href="mailto:DrMichelle.Stott@camden.gov.uk">DrMichelle.Stott@camden.gov.uk</a> <a href="mailto:DrKerry.Moore@camden.gov.uk">DrKerry.Moore@camden.gov.uk</a> For more info: <a href="#">ELSA Leaflet 2019-2020.doc</a></p>
<p>Emotional Literacy <i>Training</i></p> <p> Camden</p>	<ul style="list-style-type: none"> <li>• A 2-hour training offer to support mental health and well-being in schools. Participants will:</li> <li>• Consider what emotional literacy is and how it impacts on learning and behaviour,</li> <li>• Think about how to promote emotional literacy in the school/classroom. The course will equip attendees with the resources and skills to be able to:</li> <li>• Learn strategies to assess pupils' emotional literacy skills</li> <li>• Be able to implement interventions at the individual and group level</li> <li>• Be able to implement strategies to promote an 'emotionally literate' school.</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p>Contact link EP for your school/setting in the first instance or <a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a> <a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a> <a href="mailto:Shane.gallagher@camden.gov.uk">Shane.gallagher@camden.gov.uk</a></p>
<p>GROWTH MINDSETS AND RESILIENCE <i>Training</i></p>	<ul style="list-style-type: none"> <li>• INSET on implementing growth mindsets and exploring work around resilience, aspiration, challenge and collaboration and language that promotes and reinforces growth mindsets.</li> <li>• Models and approaches for working with parents and carers.</li> </ul>	<p>Training and support <b>traded</b> through Camden Learning</p>	<p><a href="mailto:martin.cresswell@camden.gov.uk">martin.cresswell@camden.gov.uk</a></p>



<p>Lego Therapy <i>Training</i></p> <p> Camden</p>	<p>A 3-hour session that aims to:</p> <ul style="list-style-type: none"> <li>• Guide staff to set up and run the Lego Therapy intervention within their school;</li> <li>• Enable staff to understand which children to prioritise for Lego Therapy;</li> <li>• Obtain an overview of the research and theoretical model of Lego Therapy;</li> <li>• Understand how schools can monitor the benefits of Lego Therapy.</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p>Contact link EP for your school/setting in the first instance or  <a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a>  <a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a>  <a href="mailto:Shane.gallagher@camden.gov.uk">Shane.gallagher@camden.gov.uk</a></p>
<p>Mental Health First Aid Training for Adults <i>Training</i></p>	<ul style="list-style-type: none"> <li>• Half-day, one-day and two-day trainings available</li> <li>• This is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.</li> <li>• Taking part in this course can help to:</li> <li>• Raise awareness and mental health literacy</li> <li>• Reduces stigma around mental ill health</li> <li>• Boosts knowledge and confidence in dealing with mental health issues</li> <li>• Promotes early intervention which enables recovery</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p><a href="mailto:Shane.gallagher@camden.gov.uk">Shane.gallagher@camden.gov.uk</a>   <a href="#">Adult MHFA Flyer</a></p>
<p>Solution Circles: A creative problem-solving tool <i>Training</i></p> <p> Camden</p>	<ul style="list-style-type: none"> <li>• 1.5 hours training</li> <li>• For LSAs, TAs and SENDCOs to support pupils with SEMH needs</li> <li>• To learn about the Solution Circles approach and how to apply this in practice.</li> <li>• To build on current good practice and discuss strategies for supporting pupil behaviour in the classroom.</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p><a href="mailto:Colin.chance@camden.gov.uk">Colin.chance@camden.gov.uk</a></p>
<p>Supporting Refugee and Asylum Seeking Children and Young People</p>	<ul style="list-style-type: none"> <li>• A 3-hour training for school staff, to help understand and support the needs of refugee and asylum seeking children and young people.</li> <li>• There are many challenges that refugee children typically face, which include: dealing with loss, separation and uncertainty; trauma; anxiety; depression; difficulties with concentration; learning needs; and language barriers.</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p><a href="mailto:Gemma.atkinson@camden.gov.uk">Gemma.atkinson@camden.gov.uk</a></p>



	<ul style="list-style-type: none"> <li>• By the end of the session, attendees will have increased knowledge and understanding of refugee and asylum-seeking pupils and will have a range of ideas and tools that they can implement to support refugee pupils in schools.</li> </ul>		
<p>Supporting Social and Emotional Needs that Present in Challenging Behaviour</p> <p><i>Training</i></p> 	<ul style="list-style-type: none"> <li>• A 1 day training with a mixture of theory and practical ideas. It will consider the feelings and emotions behind outwardly challenging behaviour and look at theoretical models such as 'attachment theory'.</li> <li>• It will consider children and young people who may not be fully having their needs met at home. The session will consider the wider school environment and systems that promote positive social and emotional behaviours.</li> <li>• The session is interactive and participative, participants will take part in group work and discussions, and also try out techniques they can use to support children and young people in developing coping strategies to regulate their feelings and behaviours.</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p>Contact link EP for your school/setting in the first instance or</p> <p><a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a></p> <p><a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a></p> <p><a href="mailto:Shane.gallagher@camden.gov.uk">Shane.gallagher@camden.gov.uk</a></p>
<p>Transitions For staff whose work brings them in regular contact with CYP and families</p> <p><i>Training</i></p> 	<ul style="list-style-type: none"> <li>• An introductory session of basic skills and knowledge required by people whose work brings them into regular contact with children, young people and families.</li> <li>• Children undergo many transitions in the course of childhood. Some examples are being looked after by different adults, beginning school, moving between countries, moving within a country, changing school and moving between lessons at secondary school.</li> <li>• Transitions are key points in children's lives and can provide turning points, which have significant implications for future development.</li> <li>• This course will provide you with an understanding of issues surrounding transitions and help you to meet children's needs more effectively.</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p>Contact link EP for your school/setting in the first instance or</p> <p><a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a></p> <p><a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a></p> <p><a href="mailto:Shane.gallagher@camden.gov.uk">Shane.gallagher@camden.gov.uk</a></p>

<p>Tree of Life Introductory Session <i>Training</i></p> 	<ul style="list-style-type: none"> <li>• A 3-hour session that introduces the Tree of Life as a narrative therapy approach to working with children and young people to support their understanding of themselves and their hopes for the future.</li> <li>• The session includes an introduction to narrative therapy and what the Tree of Life is, as well as an opportunity for attendees to create their own trees to understand the process and reflect on the approach.</li> <li>• The Tree of Life is a psychosocial strength-based tool grounded on positive psychology and narrative therapy. It is a tool that is accessible to a wide range of ages and abilities in different contexts and can be used with individuals, groups or whole classes. It can be used to support children and young people to reflect on their identity, their strengths, their hopes for the future and how they can cope with challenges they may face</li> <li>• Particularly applicable for learning mentors, teachers or other support staff who work with families with SEMH difficulties.</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p>Neelam Kumar <a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a></p>
<p>Understanding and Supporting Children with ADHD in the Classroom <i>Training</i></p> 	<p>A 2-hour training to:</p> <ul style="list-style-type: none"> <li>• Develop knowledge and understanding of ADHD</li> <li>• Discuss how to support children with ADHD in the classroom.</li> </ul> <p>The course is comprised of a presentation about ADHD followed by discussion in small groups.</p>	<p><b>Traded or School Allocation</b></p>	<p>Contact link EP for your school/setting in the first instance Or <a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a> <a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a> <a href="mailto:Shane.gallagher@camden.gov.uk">Shane.gallagher@camden.gov.uk</a></p>
<p>NURTURING PARENTS: MINDFULNESS BASED WELLBEING FOR PARENTS The Tavistock and Portman NHS Foundation Trust <i>Training</i></p>	<ul style="list-style-type: none"> <li>• 2 ½ day workshop sharing teaching materials and experience teaching of the practices and exercises of the Nurturing Parents Programme</li> <li>• At the end of the training participants will receive a resource pack to enable them to deliver this course in their own settings.</li> </ul>	<p><b>£395</b></p>	<p><a href="https://tavistockandportman.nhs.uk/training/cpd-courses/nurturing-parents-mindfulness-based-well-being-parents/">https://tavistockandportman.nhs.uk/training/cpd-courses/nurturing-parents-mindfulness-based-well-being-parents/</a></p>

<p><b>USEFUL WEBSITES</b></p>	<p><a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a></p> <p><a href="http://www.depressoinalliance.org">www.depressoinalliance.org</a></p> <p><i>Eating Disorders</i>  <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a> and <a href="http://www.inourhands.com">www.inourhands.com</a></p> <p><i>Self Harm</i>  <a href="http://www.nshn.co.uk">www.nshn.co.uk</a> or <a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a></p> <p><i>OCD</i>  <a href="http://www.ocduk.org">www.ocduk.org</a></p> <p><i>Support for people with mental health problems</i>  <a href="http://www.mind.org.uk">www.mind.org.uk</a></p> <p><i>MindEd-free educational/e-learning resource about CYP's mental health</i>  <a href="http://www.minded.org.uk">www.minded.org.uk</a></p> <p><i>Provides services, advice and training</i>  <a href="http://www.rethink.org">www.rethink.org</a></p> <p><i>Campaigns to change attitudes about mental health problems</i>  <a href="http://www.time-to-change.org.uk">www.time-to-change.org.uk</a>  <a href="http://www.time-to-change.org.uk/get-involved/resources-youth-professionals">http://www.time-to-change.org.uk/get-involved/resources-youth-professionals</a></p> <p><i>Advice and guidance about mental health and autism</i>  <a href="http://www.autism.org.uk/about/health/mental-health.aspx">http://www.autism.org.uk/about/health/mental-health.aspx</a></p> <p><i>Supporting young people's mental health</i>  <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>		
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BEREAVEMENT SUPPORT			
Webinars on Bereavement Support for pupils and families <i>Training</i>	<ul style="list-style-type: none"> <li>To raise awareness of the extent of loss and bereavement in children's lives;</li> <li>Consider the grieving process;</li> <li>Understand the developmental nature of children's responses to death;</li> <li>' Increase staff confidence in supporting bereaved youngsters.</li> </ul>	<b>Traded or School Allocation</b>	Contact <a href="mailto:Drkerry.moore@camden.gov.uk">Drkerry.moore@camden.gov.uk</a>
Bereavement Awareness training for schools and early years settings	<ul style="list-style-type: none"> <li>These webinars have been designed for and by those working within the education sector, providing an introduction to supporting a bereaved student.</li> </ul>	<b>FUNDED</b>	<a href="https://www.childbereavementuk.org/bereavement-awareness-training-for-education-providers">https://www.childbereavementuk.org/bereavement-awareness-training-for-education-providers</a>
Child Bereavement UK	<ul style="list-style-type: none"> <li>Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement</li> </ul>	<b>FUNDED</b>	<a href="http://childbereavementuk.org/">http://childbereavementuk.org/</a> Phone: <a href="tel:01494568900">01494 568 900</a>
Cruse Bereavement Care	<i>Cruse Bereavement Care</i> <ul style="list-style-type: none"> <li>Webinars, consultancy services and one day workshops provided</li> </ul>	<b>£600</b>	<a href="https://www.cruse.org.uk/training">https://www.cruse.org.uk/training</a>
CRUSE	<ul style="list-style-type: none"> <li>Supporting pupils bereaved by suicide</li> </ul>	<b>FUNDED</b>	<a href="https://www.cruse.org.uk/get-help/for-schools/supporting-pupils-bereaved-by-suicide">https://www.cruse.org.uk/get-help/for-schools/supporting-pupils-bereaved-by-suicide</a> Phone: 0808 808 1677
Hope Again	<ul style="list-style-type: none"> <li>Cruse Bereavement Care's website for young people that provides support, advice and information when someone close to them dies</li> <li>Advice for parents and guardians — outlining practical ways to support your child/young person after the death of a loved one</li> </ul>	<b>FUNDED</b>	<a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a>


Elephants Tea Party	<ul style="list-style-type: none"> <li>Gives staff the resources to help pupils explore the subject in an age-appropriate, straightforward and accessible way</li> </ul>	<b>FUNDED</b>	<a href="http://www.elephantsteaparty.co.uk/">http://www.elephantsteaparty.co.uk/</a>
Winston's Wish	<ul style="list-style-type: none"> <li>The charity for bereaved children and young people</li> </ul>	<b>FUNDED</b>	<a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a> Phone: 08088 020 021
Grief Encounter	<ul style="list-style-type: none"> <li>Supporting bereaved children and young people</li> <li>Guide on how to talk sensitively to your child/young person about death</li> </ul>	<b>FUNDED</b>	<a href="https://www.griefencounter.org.uk/">https://www.griefencounter.org.uk/</a> Phone: <a href="tel:02083718455">020 8371 8455</a>
Samaritans	<ul style="list-style-type: none"> <li>Help is at Hand: Support after someone may have died by suicide</li> </ul> <div data-bbox="584 619 645 678" data-label="Image"> </div> <p>Help is at Hand - Document produced</p>	<b>FUNDED</b>	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a> Phone: 116 123  <a href="https://www.samaritans.org/how-we-can-help/schools/">https://www.samaritans.org/how-we-can-help/schools/</a>

## SUPPORT TO PARENTS AND CARERS

### SUPPORT FOR PARENTAL MENTAL HEALTH



CAMDEN LISTENING AND COUNSELLING CENTRE	<p>Crisis Listening is for anyone in emotional distress or needing to off-load a problem. You can walk in off the street and talk to someone in confidence. CLCC has an "open door" policy, so if you're in need, please drop in or call us to see if a counsellor is available to listen to you now.</p> <p>Crisis listening is for anyone in emotional distress or needing to speak to someone.</p>	<p>One-off crisis listening sessions are free; other services and counselling are low-cost</p>	<a href="https://www.mentalhealthcamden.co.uk/services/camden-listening-and-counselling-centre-clcc">https://www.mentalhealthcamden.co.uk/services/camden-listening-and-counselling-centre-clcc</a>  <a href="http://www.camdenlistening.org.uk/">http://www.camdenlistening.org.uk/</a>  020 7482 6200 Email: <a href="mailto:camdenlistening@yahoo.co.uk">camdenlistening@yahoo.co.uk</a>
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			Trinity Church Buck Street NW1 8NJ
CAMDEN MOSAIC SLEEP SERVICE for children with SEND	<ul style="list-style-type: none"> <li>Disrupted sleep has a significant impact on children and young people and is more prevalent in those with SEND.</li> <li>This specialist service is FUNDED and parents for who have a child with a disability. Families can self-refer to an initial workshop prior to an assessment</li> </ul>	<b>FUNDED</b>	<a href="http://cindex.camden.gov.uk/kb5/camden/cd/service.page?id=LLRuOXD DTuk">http://cindex.camden.gov.uk/kb5/camden/cd/service.page?id=LLRuOXD DTuk</a> Contact Dr Susan Cottam, MOSAIC Sleep Service Coordinator . 020 3317 2200
CAMDEN'S PARENT and CARER COUNSELLING SERVICE  	<ul style="list-style-type: none"> <li>Counselling sessions are a private space to talk and think about worries and move towards finding solutions.</li> <li>Parents and carers can use counselling sessions to talk about problems, decisions, worries or changes in any area of their life.</li> <li>Counsellor listen and help untangle feelings and thoughts in a safe and non-judgemental environment. Our counsellors are not part of the school and are separate from the school's counselling service.</li> <li>What is discussed during counselling sessions isn't shared with school staff or other agencies unless the parent/carers or another person is at risk of harm.</li> </ul>	<b>FUNDED</b>	For more information / to make referral to PCCS email <a href="mailto:pccs@camden.gov.uk">pccs@camden.gov.uk</a>  <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">               Information for schools and childrens           </div> <div style="text-align: center;">               PCCS leaflet and application form.pdf           </div> </div>
EARLY HELP SERVICES  Mental health interventions for parents with children 0-19 (0-25 for young people with SEND)  	<ul style="list-style-type: none"> <li>Support for CYP up to the age of 25 and their families. Services include parental mental health interventions, universal and targeted services, including help to find work or training, housing information, benefits advice and 1-1 family support (case work) for the whole family.</li> </ul>	<b>FUNDED</b>   Camden Early Help Leaflet.pdf	Children's Centres – for families with at least one child under 5 years: <a href="http://www.camden.gov.uk/camdensurestart">www.camden.gov.uk/camdensurestart</a> Children and Families Contact team <a href="http://www.cscb-new.co.uk/?page_id=7058">www.cscb-new.co.uk/?page_id=7058</a>


<p>FAMILIES IN FOCUS</p> <p>Emotional and psychological support for parents</p> 	<p>Two psychologists working within Families in Focus provide emotional and psychological support to parents, alongside support from a family worker.</p> <p>Sessions are tailored to the parents' needs, with the idea that improving their mental health will have a positive impact on the parent's relationship with their child.</p> <p>Support for</p> <ul style="list-style-type: none"> <li>• feeling stressed, worried or low</li> <li>• anxiety</li> <li>• difficulties in relationships</li> <li>• thinking about difficult past experiences</li> </ul> <p>Sessions are usually one hour long, take place fortnightly and can be short or long-term, depending on needs. Sessions take place in community settings or sometimes the parent's home.</p>	<p><b>FUNDED</b> for parents living in Camden</p>	<p>For families living in the north of the Borough  <a href="mailto:Mavis.Sarfo-Adu@camden.gov.uk">Mavis.Sarfo-Adu@camden.gov.uk</a>  0207 974 8926</p> <p>For families living in the south of the Borough  <a href="mailto:Elaine.Crouch@camden.gov.uk">Elaine.Crouch@camden.gov.uk</a>  0207 974 1957</p>
<p>iCOPE - AN NHS SERVICE</p>	<ul style="list-style-type: none"> <li>• Provides a <a href="#">confidential</a> psychological therapy service for people over the age of 18 registered with Camden or Islington GPs.</li> <li>• Includes online self-help resources and workshops as well as counselling for anxiety, depression or stress.</li> </ul>	<p><b>FUNDED</b> Via self or GP referral</p>	<p>For more information  <a href="#">iCope Psychological Therapies Service – North Camden</a></p>
<p>NHS Website</p>	<ul style="list-style-type: none"> <li>• Mental health support in a local area</li> </ul>	<p><b>FUNDED</b></p>	<p><a href="https://www.nhs.uk/service-search/other-services/Mental-Health-Adults-of-all-ages/Camden-Town/Results/995/-0.139/51.54/718/3729?distance=25">https://www.nhs.uk/service-search/other-services/Mental-Health-Adults-of-all-ages/Camden-Town/Results/995/-0.139/51.54/718/3729?distance=25</a></p>
<p>ONLINE PSYCHOLOGICAL THERAPIES SERVICE (IAPT)</p>	<ul style="list-style-type: none"> <li>• Cognitive Behaviour Therapy (CBT) is provided in real-time over the internet using written (typed) conversations.</li> <li>• They meet with an accredited therapist in a secure online therapy forum, at a scheduled time and location that is convenient to them.</li> <li>• Appointments are 30 or 60 minutes long, during day, evenings or weekends. and can be anywhere where there is internet</li> </ul>	<p><b>FUNDED</b></p>	<p>Self-referral or via GP, nurse, health professional  <a href="https://www.iesohealth.com/en-gb">https://www.iesohealth.com/en-gb</a>  Or call 0800 0745560 between 9am and 5.30pm</p>



<p>PARENTAL WELLBEING GROUPS for parents who speak alternative languages</p>	<ul style="list-style-type: none"> <li>• These groups cover a range of topics to enable parents who speak alternative languages to settle into life, culture and services in London and will have a warm, friendly atmosphere.</li> <li>• Volunteers and trained staff who speak the same languages are on hand at each session to support attending parents.</li> <li>• Through these projects the Early parenthood Programme also provides arrange of individual support and wellbeing services.</li> </ul> <p><b>Family Mentors:</b>  Liliana Diaz Ramirez - Spanish, Portuguese  <a href="mailto:liliana@manorgardenscentre.org">liliana@manorgardenscentre.org</a>  Lina Mani – Arabic, Italian  <a href="mailto:lina@manorgardenscentre.org">lina@manorgardenscentre.org</a>  Natalia Spassova - Bulgarian, Czech and Russian  <a href="mailto:natalia@manorgardenscentre.org">natalia@manorgardenscentre.org</a>  Najuma Ali - Somali  <a href="mailto:najuma@manorgardenscentre.org">najuma@manorgardenscentre.org</a>  Secil Galip - Turkish  <a href="mailto:secil@manorgardenscentre.org">secil@manorgardenscentre.org</a>  Valbona Selmani- Albanian, Serbo-Croat  <a href="mailto:valbona@manorgardenscentre.org">valbona@manorgardenscentre.org</a></p>	<p><b>FUNDED</b></p>	<p>Early Parenthood Programme Manager  Vanessa Aparicio-Hancox  <a href="mailto:vanessa@manorgardenscentre.org">vanessa@manorgardenscentre.org</a>  Phone: 07483 337883</p>
<p>Projects:</p>	<p><b>Bright Beginnings:</b></p> <ul style="list-style-type: none"> <li>• Offers a range of support to migrant, refugee and Asylum-seeking mums, dads and carers across North Central London. This includes:</li> <li>• Individual and holistic bi-lingual one to one support</li> <li>• Peer-led and cross community groups and activities</li> <li>• Inclusive family activities which engage fathers and older children</li> </ul> <p><b>Camden Blossoms:</b></p>	<p><b>FUNDED</b></p>	<p>Natalia Spassova  <a href="mailto:natalia@manorgardenscentre.org">natalia@manorgardenscentre.org</a>  Phone: 07484 066894</p>




	<ul style="list-style-type: none"> <li>Provides a service to parents and carers who live, work or are registered with a GP in the London Borough of Camden and includes (but is not limited to) those who feel they would benefit from speaking to someone about their emotional wellbeing, the transition to parenthood or their relationship with their baby or other family members.</li> </ul>	<b>FUNDED</b>	<p>Liliana Diaz Ramirez  <a href="mailto:liliana@manorgardenscentre.org">liliana@manorgardenscentre.org</a>            Phone: 07484 066890</p>
<p>Parent Workshop/Coffee Mornings  <i>How parents can better manage their own stress and wellbeing</i></p> 	<ul style="list-style-type: none"> <li>One-hour workshop for parents during school coffee mornings, this focuses on:</li> <li>Identifying our own stressors/triggers and impact of Covid-19</li> <li>How do these affect our emotional wellbeing and how we respond to children?</li> <li>Understanding the difference between acute and chronic stress</li> </ul>	<b>FUNDED</b>	<p><a href="mailto:deborah.kaiser@camden.gov.uk">deborah.kaiser@camden.gov.uk</a>  <a href="mailto:naila.hirani@camden.gov.uk">naila.hirani@camden.gov.uk</a></p>
<p>THE CAMDEN PARENTS' WELLBEING SERVICE</p> <p>Psychological therapy to parents who are Camden residents</p> 	<ul style="list-style-type: none"> <li>To improve the mental health of parents, with the intention of this having a positive impact on the care and mental health of their children- may involve individual therapy, and couple and family work, where appropriate.</li> </ul>	<b>FUNDED</b>	<p>Referrals to the service are made via local children centres, CAMHS or the iCope service.            For more information  <a href="#">The Camden Parents' Wellbeing Service</a></p>



## HELPING PARENTS SUPPORT CHILDREN'S MENTAL HEALTH


ADHD PARENTING GROUP	<p>A self-referral parent training programme for parents of five to 12 year olds diagnosed with ADHD.</p> <p>The sessions cover the following areas:</p> <ul style="list-style-type: none"> <li>• Providing information on Attention Deficit Hyperactivity Disorder.</li> <li>• Setting household rules.</li> <li>• Developing and implementing schedules and routines.</li> <li>• Preparing for school.</li> <li>• Realistic expectations.</li> <li>• Giving clear and calm instructions.</li> <li>• Rewards and praise.</li> <li>• Staying positive and looking after yourself.</li> <li>• The 123 Magic™ approach to effective discipline.</li> </ul> <p>The group takes place on a Thurs morning (10am-12pm)</p>	<p><b>£350 per person</b>, to be met by referrer or parent.</p> <p><b>Referrals:</b> All parents/carers must be referred by a professional. An invoice will be issued on acceptance of referral.</p>	<p>Contact: Dean Charlery 0207 424 9935 (Mon-Thurs 9.30-5pm) <a href="mailto:familyservice@brandoncentre.org.uk">familyservice@brandoncentre.org.uk</a></p> <p>The Brandon Centre 26 Prince of Wales Road London NW5 3LG</p> <p> ADHD Group Leaflet.docx</p>
ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES	<p>Supporting children and families' mental and emotional health. Group's help parents manage their child's behaviour and help their child manage their emotions, promote their child's resilience and wellbeing, including top tips for parents.</p>	<b>FREE</b>	<a href="http://www.annafreud.org">www.annafreud.org</a>
CHARLIE WALLER MEMORIAL TRUST	<p>Click on 'free stuff' then 'resources' to see free mental health resources, including 'A parents' guide to depression' and 'Coping with self-harm – a guide for parents and carers.'</p>	<b>FREE</b>	<a href="https://www.cwmt.org.uk/">https://www.cwmt.org.uk/</a>
'CONNECTING PARENTS' HUB For parents / carers in North London – run by parents / carers	<p>A friendly and supportive free drop-in group offering parents and carers the opportunity to connect and collaborate with each other and other organisations as well as providing activities for children.</p> <p>The group aims to reduce isolation and provide a space for positive activities such as cooking, fitness and workshops as well as just having a chat with other parents. Parents can also lead on designing and delivering activities.</p>	<b>FREE</b>	<p><a href="https://thewinch.org/services/connecting-parents/">https://thewinch.org/services/connecting-parents/</a></p> <p>Page Victor <a href="mailto:page@thewinch.org">page@thewinch.org</a></p> <p>Belsize Community Library, Antrim Grove, NW3 4XN</p>


	<p>The group is for all parents with school-aged children or younger and runs term time and during holidays. There are lots of activities for children not in school who are welcome to attend.</p>		10-12 every Thursday morning
GRIEF ENCOUNTER	<p>How to talk sensitively to your child/young person about death</p>  <p>Bereavement Advice to Parents.docx</p>	FREE	<a href="https://www.griefencounter.org.uk/">https://www.griefencounter.org.uk/</a>  020 8371 8455
OPEN MINDED (formerly CAMHS) 	<p>Support for children and adolescents (up to 18 years old) experiencing emotional health and wellbeing problems.</p> <p>Self-referrals and referrals from GPs. Parents can call to discuss support options for their children, and adolescents.</p>	FUNDED	<p>South Camden <b>020 8938 2700</b> North Camden <b>020 8938 2233</b>  <a href="https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/open-minded-camden-camhs/">https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/open-minded-camden-camhs/</a> </p>
CAMDEN HEALTH AND WELLBEING TEAM-PARENT WORKSHOP/COFFEE MORNINGS:	<ul style="list-style-type: none"> <li>• One-hour workshop/coffee mornings</li> </ul> <p><i>Supporting your child returning to school:</i></p> <ul style="list-style-type: none"> <li>• How to have supportive conversations if your child is worried</li> <li>• How to help re-establish routines and support learning</li> <li>• How to develop healthy coping strategies</li> </ul> <p><i>Helping your child build resilience and positive mental health</i></p> <ul style="list-style-type: none"> <li>• Understand the terms “mental health,” “wellbeing” and “resilience”</li> <li>• The impact of Covid-19 and lockdown and the signs of poor mental health</li> <li>• Strategies and activities to boost your child’s mental health and emotional resilience</li> </ul> <p><i>Supporting your child to cope with anxiety and stress</i></p> <ul style="list-style-type: none"> <li>• Know the signs, symptoms and causes of stress and anxiety</li> <li>• How Covid-19 may have affected stress and anxiety</li> </ul>	FUNDED	<a href="mailto:Deborah.kaiser@camden.gov.uk">Deborah.kaiser@camden.gov.uk</a> <a href="mailto:Naila.hirani@camden.gov.uk">Naila.hirani@camden.gov.uk</a>

**RESOURCES TO SUPPORT THE IMPACT OF COVID-19**

<p>CAMDEN EMPLOYEE ASSIST PROGRAMME</p> 	<ul style="list-style-type: none"> <li>Schools that have signed up to the Workplace Options EAP can access free one to one counselling for themselves and their families via telephone, email, instant messaging and online</li> <li>Workplace Options also has a range of resources, including webinars to support staff that are available to listen to anytime.</li> </ul> <p><a href="https://www.workplaceoptions.co.uk/member-login-2/">https://www.workplaceoptions.co.uk/member-login-2/</a> Select Member Login at the top of the home page and enter the username (Camden) and password (employee) to have access to a wide variety of guidance and support, including online messaging with a trained counsellor.</p>	<p><b>Schools can buy into this scheme</b></p>	<p><a href="https://lbcamden.sharepoint.com/sites/intranet/HR/Pages/Employee-Assistance-Programme.aspx">https://lbcamden.sharepoint.com/sites/intranet/HR/Pages/Employee-Assistance-Programme.aspx</a></p> <p>Contact the EAP team for support at <a href="mailto:assistance@workplaceoptions.com">assistance@workplaceoptions.com</a> or 0800 243 458</p>
<p>EDUCATION SUPPORT PARTNERSHIP</p>	<ul style="list-style-type: none"> <li>Free telephone counselling available to all teachers.</li> </ul>	<p><b>FUNDED</b></p>	<p><a href="https://www.educationsupportpartnership.org.uk/helping-you/telephone-support-counselling">https://www.educationsupportpartnership.org.uk/helping-you/telephone-support-counselling</a></p> <p>Free helpline: 08000 562 561</p>
<p>ABLE FUTURES</p>	<ul style="list-style-type: none"> <li>free, confidential mental health service for anyone employed or self-employed</li> </ul>	<p><b>FUNDED</b></p>	<p><a href="https://able-futures.co.uk/">https://able-futures.co.uk/</a></p> <p><a href="mailto:hello@able-futures.co.uk">hello@able-futures.co.uk</a> Freephone 0800 321 3137 (8am to 10.30pm, Monday to Friday).</p>

<p>CRITICAL INCIDENT RESPONSE</p> 	<ul style="list-style-type: none"> <li>Support to schools in responding to critical incidents that affects the school population such as the death of a pupil or member of staff, a local disaster or a serious incident in the school, diagnosis of a terminal illness or significant death within an individual pupil's immediate family</li> </ul>	<b>FUNDED</b>	<a href="#">Critical Incident Information</a>
<p>CAMDEN HEALTH AND WELLBEING TEAM-RESOURCES FOR SCHOOLS</p> 	<ul style="list-style-type: none"> <li>Access to guidance and resources on mental health for parents, pupils and staf</li> </ul>	<b>FUNDED</b>	<a href="https://my.uso.im">https://my.uso.im</a> Then COVID-19 Renewal and Recovery > Health and Wellbeing > Primary
<p>EDUCATION IN MIND</p>	<ul style="list-style-type: none"> <li>Wellbeing support for education staff in Camden during COVID-19.</li> <li>Website of podcasts and resources that support the wellbeing of all staff working within education settings during the COVID-19 outbreak and the current period of transition and return to schools.</li> </ul>	<b>FUNDED</b>	<a href="https://educationinmind.org.uk/">https://educationinmind.org.uk/</a>
<p>MENTALLY HEALTHY SCHOOLS (Anna Freud Centre)</p>	<ul style="list-style-type: none"> <li>Resources for parents and schools to support the return to school</li> </ul>		<a href="https://www.mentallyhealthyschools.org.uk/resources/coronavirus-returning-to-school-toolkit-8/">https://www.mentallyhealthyschools.org.uk/resources/coronavirus-returning-to-school-toolkit-8/</a>
<p>TES RESOURCES FOR RETURNING TO SCHOOL</p>	<ul style="list-style-type: none"> <li>A range of resources for schools to use to support wellbeing</li> </ul>		<a href="https://www.tes.com/teaching-resources/back-to-school">https://www.tes.com/teaching-resources/back-to-school</a>
<p>PLACE2BE: CORONAVIRUS: WELLBEING ACTIVITIES</p>	<ul style="list-style-type: none"> <li>Various activities to promote children's wellbeing</li> </ul>	<b>FUNDED</b>	<a href="http://www.place2be.org.uk/our-services/services-forBPS-resources-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/">www.place2be.org.uk/our-services/services-forBPS-resources-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/</a>

<p>STAFF MOTIVATION DURING TIMES OF ORGANISATION CHANGE</p> 	<ul style="list-style-type: none"> <li>• To develop my understanding of how the proposed changes will impact on me and my working life (information to be provided by the setting to the trainer in advance of the training).</li> <li>• To understand Process of Transition theory and how change impacts on people, work places and how this can be used to our advantage during times of change.</li> <li>• To find new ways of communicating with and supporting colleagues during times of change.</li> <li>• To develop new strategies to maintain our own health, emotional wellbeing and increase motivation and positive experience during change.</li> </ul>	<p><b>Traded or School Allocation</b></p>	<p>Contact link EP for your school/setting in the first instance</p> <p>Alternatively contact either:</p> <p>Hilary Forbes  <a href="mailto:Hilary.forbes@camden.gov.uk">Hilary.forbes@camden.gov.uk</a></p> <p>Neelam Kumar  <a href="mailto:Neelam.kumar@camden.gov.uk">Neelam.kumar@camden.gov.uk</a></p> <p>Shane Gallagher  <a href="mailto:Shane.gallagher@camden.gov.uk">Shane.gallagher@camden.gov.uk</a></p>
<p>SUPPORTING RETURN AND RECOVERY (FOR STAFF AND FOR PARENTS)</p>	<ul style="list-style-type: none"> <li>• A One Hour Webinar or face to face workshop for staff</li> </ul> <p><i>Return and Recovery-Supporting Children's Mental Health and Wellbeing</i></p> <ul style="list-style-type: none"> <li>• The impact of COVID-19 on mental health and wellbeing</li> <li>• Recognise signs/symptoms/triggers from Covid-19</li> <li>• Strategies and activities to support pupils and staff</li> </ul> <p><i>Return and Recovery-supporting staff mental health and wellbeing</i></p> <ul style="list-style-type: none"> <li>• The impact of COVID-19 on our mental health and wellbeing</li> <li>• Bounce forward from Covid-19 – finding your “new normal”</li> <li>• Practical strategies for maintaining positive mental health, manage anxiety and build resilience</li> <li>• Whole school approaches to supporting staff mental health and wellbeing</li> </ul> <ul style="list-style-type: none"> <li>• A One Hour Webinar or face to face workshop for parents</li> </ul> <p><i>Supporting your child returning to school:</i></p>	<p><b>FUNDED</b></p>	<p><a href="mailto:Deborah.kaiser@camden.gov.uk">Deborah.kaiser@camden.gov.uk</a>  <a href="mailto:Naila.hirani@camden.gov.uk">Naila.hirani@camden.gov.uk</a></p>

	<ul style="list-style-type: none"><li>• How to have supportive conversations if your child is worried</li><li>• How to help re-establish routines and support learning</li><li>• How to develop healthy coping strategies</li></ul>		
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