

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.

Every effort has been made to ensure the information is correct and the Directory will be checked at the end of each term. 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

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

Gill Morris (Senior Health and Wellbeing Adviser) gill.morris@camden.gov.uk

Using the Directory

To navigate to a specific section hover over each title and press **CTRL Click**.


Contents

Prevention and promotion	3
Early Intervention and Support	4
Curriculum Support and Resources	7
Information and Training for Staff	9


[Support to Parents](#) 13



[Useful websites](#) 17

PREVENTION AND PROMOTION

AREA	SUPPORT OFFERED	COST	CONTACT
GROWTH MINDSETS AND RESILIENCE	<ul style="list-style-type: none"> • Access to Camden's Growth Mindsets Hub to share good practice between schools and explore the latest work happening in schools • INSET on implementing growth mindsets and exploring work around resilience, aspiration, challenge and collaboration and language that promotes and reinforces growth mindsets, • Models and approaches for working with parents and carers 	FUNDED access to the Hub. Training and support traded through Camden Learning	Martin.cresswell@camden.gov.uk Senior Adviser
iMHARS Islington Mental Health And Resilience In Schools Framework- <i>available to Camden schools</i>	<ul style="list-style-type: none"> • 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 • Identifying strengths and areas for development • Make recommendations for practice, next steps and support to achieve them 	FUNDED	Deborah.Kaiser@camden.gov.uk Senior Health and Wellbeing Adviser For more information and the Toolkit www.islingtoncs.org/imhars
DEVELOPING a MENTAL HEALTH and WELLBEING POLICY	<ul style="list-style-type: none"> • Access to an example policy that can be adapted for individual schools • Support to the mental health lead and other key staff to develop the policy to meet the needs of the school • Support and ideas on ways to consult staff, parents and pupils 	FUNDED	gill.morris@camden.gov.uk Senior Health and Wellbeing Adviser  Example Mental Health and Wellbeing

EARLY INTERVENTION AND SUPPORT

<p>CAMHS (OPEN MINDED) in SCHOOLS</p>	<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"> • Taking referrals • Assessment • Liaison with other agencies • Treatment on site – e.g. individual therapy, family or parent work, group work • Access to specialist CAMHS services • Consultation with school staff including pre referral advice • Training in mental health themes <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</p> <p>The service also offers some flexibility, so clinicians and schools are able to develop a bespoke approach</p>	<p>FUNDED Core Service: Half a day per fortnight for primary schools Enhanced service: 2 days per month £6K.</p>	<p>Victoria Blincow VBlincow@tavi-port.nhs.uk</p>  <p>schoolbrochuref.pdf</p>
<p>EMOTIONAL LITERACY SUPPORT ASSISTANTS (ELSA)</p>	<ul style="list-style-type: none"> • A new training offer to support mental health and well-being in schools • ELSAs are Emotional Literacy Support Assistants working in primary and secondary schools 	<p>6 days of EP training. Termly supervision</p>	<p>Sarah.cryer@camden.gov.uk Coleen.washington@camden.gov.uk Educational Psychologists For more info:</p>


		(approx. 2 hours per term).	 Camden ELSA Flyer EPS_final.pdf
TOPS Tavistock outreach in primary schools	<p>Child psychotherapy service in 7 primary schools. A Child Psychotherapist and a trainee based in each school 2 days a week.</p> <p>The service offers:</p> <ul style="list-style-type: none"> • Assessment of referrals • Individual therapy with children • Parent work • Consultation with staff • Liaison with other agencies 	Funded by schools and donations (e.g. lottery)	020 8938 2227 TOPSadmin@tavi-port.nhs.uk More info: https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/tavistock-outreach-in-primary-schools-tops/
CAMDEN MOSAIC	<ul style="list-style-type: none"> • Camden MOSAIC is an integrated service for disabled children, young people and their families in Camden. • Camden MOSAIC provides support for children from birth to the age of 19. 	FUNDED Via referral from GPs and other health and education professionals	https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-mosaic/
VIDEO INTERACTION GUIDANCE (VIG)	<ul style="list-style-type: none"> • An Evidence-based intervention (recommended in NICE guidelines) through which a practitioner uses video clips of authentic situations to enhance communication within relationships. • VIG principles and practice can be applied to <u>any</u> relationship and <u>any</u> age range. • 5-10 minutes of footage is taken of interactions between teaching staff, pupils or parents, for example, and reviewed to develop more attuned relationships. 	VIG needs 3/4 sessions per case. Schools can either use some of their core allocation or buy in extra.	DrNeelam.Kumar@camden.gov.uk Educational Psychologist  What is VIG Poster May 2016.pdf
EDUCATION PSYCHOLOGY SERVICE (EPS)	<ul style="list-style-type: none"> • The EPS provides specialist advice to support schools, colleges and early years providers to meet the needs of children and 	For full information	Contact: Hilary Forbes, Head of Service,

	<p>young people with special educational needs, 0 – 25 years, including those with the most complex needs.</p>	<p>about costings or to make a booking please visit: Educational Psychology Service</p>	<p>Email: hilary.forbes@camden.gov.uk Shane Gallagher, Senior Educational Psychologist, Email: shane.gallagher@camden.gov.uk</p>
<p>SUPPORTING THE EMOTIONAL NEEDS OF CHILDREN AND YOUNG PEOPLE WITH SEND IN MAINSTREAM SETTINGS.</p>	<ul style="list-style-type: none"> School to school support offered by Swiss Cottage Research and Development Centre 	<p>Cost – by negotiation</p>	<p>Contact Margaret Mulholland / Lucy Hall 0207 681 8080 lucy.hall@swisscottage.camden.sch.uk Margaret.mulholland@swisscottage.camden.sch.uk</p>
<p>CAMDEN NHS SPEECH AND LANGUAGE THERAPY SERVICE</p> <p>LISTEN-EAR (Enjoy, Achieve, Relate)</p>	<p>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. 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’</p>	<p>Schools can commission additional services in addition to the core offer from the NHS.</p>	<p>For further information or to request advice, training and Listen-EAR contact 0203 772 0390 or: Kate Bayley kate.bayley1@nhs.net or Laura McLean laura.mclean@nhs.net Clinical Co-ordinators</p>

CURRICULUM SUPPORT AND RESOURCES

<p>DEVELOPING A MENTAL HEALTH CURRICULUM</p>	<ul style="list-style-type: none"> • One to one support to the PSHE Coordinator and/or mental health lead to review what the school is teaching and suggest improvements • Guidance on a range of resources for teaching about mental health and resilience • Information on training for staff 	<p>FUNDED</p>	<p>gill.morris@camden.gov.uk Senior Health and Wellbeing Adviser</p>
<p>INSIDE OUT – GETTING IN TOUCH WITH YOUR FEELINGS</p> <p>Two lessons for Year 5 and 6 based on the film Inside Out</p>	<ul style="list-style-type: none"> • One-to-one support to use the Camden primary resource Inside Out with Years 5 and 6 • Guidance on a range of resources and books for teaching about mental health and resilience 	<p>FUNDED</p>	<p>Jude.clements@camden.gov.uk Health and Wellbeing Consultant</p> <p>Available to download from the Camden Learning Document Library</p>
<p>BRIGHT MINDS BRIGHT MOODS</p> <p>Key stage 2</p>	<ul style="list-style-type: none"> • Taught programme, underpinned by cognitive behaviour therapy (CBT) which helps children and young people increase resilience, decrease anxiety, develop positive coping styles and ways of dealing with difficult and/or worrying situations. • This is co-delivered with school staff therefore excellent form of CPD for staff and skills learned can be transferred into whole class PSHE teaching. • This can be delivered as a whole class universal programme or within a small group as a targeted programme. • 8 weekly, 1 hour sessions with pupils and key staff • Pre and post-intervention scores demonstrate that Bright Minds Bright Moods reduces anxiety scores and increases resilience in children. 	<p>15 sessions of EP time (7.5 days)</p>	<p>Neelam.Kumar@camden.gov.uk Senior Educational Psychologist</p>

<p>'COOPERATION' SCHEME OF WORK FOR PRIMARY SCHOOLS</p> <p>Consisting of Communication, Metacognition & Emotional literacy strands</p>	<ul style="list-style-type: none"> 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. It uses sociograms to assess pupils and their relationships (from a socio-behavioural questionnaire) and explore what groups and individuals would benefit from particular support, as well as providing a scheme of work for resiliency and cooperation across the whole school. 	<p>5 sessions</p> <p>For schools in SLA=£1125 or FUNDED if from their core allocation</p>	<p>Neelam.Kumar@camden.gov.uk</p> <p>Senior Educational Psychologist</p>
<p>THINKING CARDS</p>	<ul style="list-style-type: none"> Based on a project developed at Royal Free Hospital Children's School Set of 'Helpful' and 'Unhelpful' feeling cards designed for use across Primary and Secondary Phase and designed to develop independence, resilience and support significant change Innovative and accessible approach to CBT that can be used by professionals from any sector 	<p>£15 for a single set but discounted for larger orders. Order directly from admin@royalfree.camden.sch.uk</p>	<p>For an initial discussion or to arrange a trial please contact Michael Kelly 0207 472 6298 or Michael.kelly@royalfree.camden.sch.uk</p> <p>PDFs of the helpful and unhelpful thinking cards can be downloaded from the website: http://www.royalfree.camden.sch.uk/page/?title=Thinking+Cards&pid=85</p>
<p>'I GOTTA FEELING'</p> <p>Key stage 2</p>	<ul style="list-style-type: none"> This booklet is full of fun simple tips to help children when they are feeling sad, worried or troubled. 	<p>FUNDED</p>	<p>Download at: www.annafreud.org/services-schools/schools-in-mind/resources-for-schools/</p>
<p>PSHE ASSOCIATION TEACHING ABOUT MENTAL HEALTH</p> <p>Lessons and Resources</p>	<ul style="list-style-type: none"> 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 	<p>FUNDED</p>	<p>Downloadable from https://www.pshe-association.org.uk/curriculum-and-resources/resources/guidance-preparing-teach-about-mental-health-and</p>
<p>ELEPHANTS TEA PARTY</p> <p>Exploring Bereavement</p>	<ul style="list-style-type: none"> Gives staff the resources to help pupils explore the subject in an age-appropriate, straightforward and accessible way, ending with a tea party fundraising event for all to enjoy! 		<p>http://www.elephantsteaparty.co.uk/</p>
<p>HAPPINESS PROJECT</p>	<ul style="list-style-type: none"> A whole-school initiative spanning 10 weeks, using assemblies and follow-up class activities to promote pupils' positive mental 	<p>FREE</p>	<p>gill.morris@camden.gov.uk</p> <p>Senior Health and Wellbeing Adviser</p>


<p>A whole-school initiative created by Christ Church (NW3)</p>	<p>health and wellbeing.</p> <ul style="list-style-type: none"> • See the case study embedded below for details.  <p>Christ Church - Happiness Project -</p>		
<p>YOU'RE NEVER TOO YOUNG TO TALK ABOUT MENTAL HEALTH (Upper KS2)</p> <p>Anna Freud teaching resources</p>	<ul style="list-style-type: none"> • Teaching resources to understand what mental health is and how to manage 'big' and 'small' feelings. • Resources include an assembly, lesson plan, display resources, cross-curricular ideas and a parent leaflet. 	<p>FREE</p>	<p>http://www.annafreud.org/what-we-do/schools-in-mind/youre-never-too-young-to-talk-mental-health/</p>
<p>PRIMARY MENTAL HEALTH FILMS</p> <p>BBC Learning</p>	<ul style="list-style-type: none"> • Educational videos to help teachers introduce the topic of mental health to primary school children. • The five short films address different ways children might be able to deal with OCD and depression, panic attacks, eating disorders, being bullied and being a bully. 	<p>FREE</p>	<p>http://www.bbc.co.uk/programmes/p05c3byd?mc_cid=1623fa4fd3&mc_eid=7ba79c05c0</p>
<p>NHS APP LIBRARY (MENTAL HEALTH)</p>	<ul style="list-style-type: none"> • Library of apps recommended by the NHS designed to support the positive mental health of children and young people. Some only suitable for secondary age. 	<p>FREE</p>	<p>https://apps.beta.nhs.uk/?category=Mental%20Health</p>

INFORMATION AND TRAINING FOR STAFF

<p>CHILDREN AND FAMILIES CONTACT TEAM</p> <p>(MASH and the Early Help Team)</p>	<ul style="list-style-type: none"> • A single access point providing advice, information and support for children and young people who are vulnerable and at risk. • The Team is made up of staff from MASH and the Early Help Team and other Early Help and specialist services. # • All safeguarding referrals are managed by the MASH Team and referrals for low level needs or for children who are vulnerable to poor outcomes are dealt with by the Early Help Team. There are robust step up and step down processes to ensure continuity when children and young people move from statutory services to universal an Early Help services. • The Early Help Team can give you information and advice about a range of Early Help services and opportunities, ideas and support if your referral did not meet the safeguarding threshold, guidance and support with making an Early Help referral, tracking a referral you have already made and help with any aspect of the Early Help pathway. 	<p>FUNDED</p>	<p>Contact the Children and Families Contact Team on: 0207 974 3317 or LBCMASHadmin@camden.gov.uk</p> <p>For more information on the Children and Families Contact team www.cscb-new.co.uk/?page_id=7058</p>
<p>ANNA FREUD CENTRE Schools in mind</p> <p>MENTAL HEALTH TOOLKIT for Schools</p>	<ul style="list-style-type: none"> • Schools in Mind is a network for school staff and allied professionals. It aims to provide a trusted source of 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. Includes You're never too young to talk mental health resources for primary • This toolkit aims to raise awareness amongst school and college staff 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. 	<p>FUNDED online resource</p> <p>FUNDED downloadable toolkit</p>	<p>http://www.annafreud.org/services-schools/schools-in-mind/</p> <p>http://www.annafreud.org/services-schools/schools-in-mind/resources-for-schools/mental-health-toolkit-for-schools/</p>


<p>CHARLIE WALLER FOUNDATION TRUST Training</p>	<p>The Young People and Schools Programme at the Charlie Waller Memorial Trust offer FUNDED training and support to school staff and pupils in their ability to recognise and manage mental health issues.</p> <p>Examples include:</p> <ul style="list-style-type: none"> • Staff CPD around understanding self-harm, eating disorders and anxiety or depression • Developing impactful classroom activities and programmes of study • Sessions for staff or pupils in developing resilience and coping skills • Pupil workshops on understanding self-harm, depression or building self-esteem • Parent sessions on issues impacting child mental health <p>They will respond to individual school needs as well.</p>	<p>FUNDED but please make a donation</p>	<p>If you would like to make a booking, please contact them via the online form, or email lan.macdonald@cwmt.org or lzzy.dent@cwmt.org.</p> <p>Website: http://www.cwmt.org.uk/mental-health-training-for-schools/</p>
<p>IN OUR HANDS Pooky Knightsmith: Online learning platform</p>	<ul style="list-style-type: none"> • Pooky Knightsmith directs the children, young people and schools programme at the Charlie Waller Memorial Trust. • The website presents videos and interactive podcasts explaining different approaches / interventions to developing children's mental health and resilience 	<p>FUNDED online resource</p>	<p>http://www.inourhands.com/category/training-and-consultancy/online-learning/</p>
<p>MENTAL HEALTH FIRST AID Training</p>	<p>Mental Health Awareness training sessions at Crowndale Centre, based on the nationally recognised mental health first aid training. The training covers</p> <ul style="list-style-type: none"> • What is mental health and mental ill health • Stigma and discrimination • The five steps of Mental Health First Aid • How to spot symptoms of mental health issues such as depression, anxiety, eating disorders and psychosis • How to support children and young people experiencing mental distress 	<p>FUNDED</p>	<p>Central courses on Oct 19th, Feb 1st, July 12th. Book at: https://cpd.camdenlearning.org.uk/courses/bookings/default.asp</p> <p>To book a course for your staff delivered at your school for 8-20 staff, contact: Chrissie.Dillon@camden.gov.uk</p>

YOUNG MINDS	<ul style="list-style-type: none"> • YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. • The site signposts to information on children and young people's mental health issues and support for parents and young people 	FUNDED	http://www.youngminds.org.uk
TIME TO CHANGE (MIND)	<ul style="list-style-type: none"> • A campaign run by the mental health charity Mind that aims to change the negative attitudes of others, which can prevent people with mental health problems getting the help and support they need. • Website provides session plans, videos and FUNDED resources for teachers. 	FUNDED online resource	http://www.time-to-change.org.uk/get-involved/resources-youth-professionals
CIRCLE TIME TRAINING FOR PRIMARY SCHOOLS	<p>A refresher for staff or for those new to circle time</p> <ul style="list-style-type: none"> • The basic key principles of circle time • An easy to follow structure for running a circle time • Strategies to manage issues that arise in circle time • A practical session based on a bespoke lesson plan produced around a theme suggested by the school 	FUNDED	gill.morris@camden.gov.uk Senior Health and Wellbeing Adviser
SAFEGUARDING MENTAL HEALTH	<ul style="list-style-type: none"> • Lessons we can learn from the health sector in planning for pupils presenting a high level of risk. • Team around the Child Approach • Participants observe handover meetings for vulnerable and at risk target group at Royal Free Hospital Children's School exemplifying high quality practice. 	By negotiation	head@royalfree.camden.sch.uk Alex Yates Headteacher Royal Free Hospital Children's School
MENTALLY HEALTHY SCHOOL	<ul style="list-style-type: none"> • Strategies to support becoming a 'Mentally Healthy' School • Audit of current provision • Clarification on specific support around mental health needs of pupils at risk of exclusion 	By negotiation	head@royalfree.camden.sch.uk Alex Yates Headteacher Royal Free Hospital Children's School



<p>BEREAVEMENT</p>	<p>Critical Incident Response</p> <ul style="list-style-type: none"> Support to schools in responding to critical incidents-where a serious incident happens 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 within a pupil's immediate family and a significant death within an individual pupil's immediate family, e.g. death of a parent or sibling. <p>Winston's Wish</p> <ul style="list-style-type: none"> The charity for bereaved children and young people <p>Child Bereavement UK</p> <ul style="list-style-type: none"> 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 Elephants Tea Party: gives staff the resources to help pupils explore the subject in an age-appropriate, straightforward and accessible way, ending with a tea party fundraising event for all to enjoy! <p>Grief in Children: A Handbook for Adults by A. Dyregrov.</p>	<p>FUNDED</p>	<p>Claudia.Noel-Michael@camden.gov.uk Educational Psychologist</p>  <p>Critical Incident EPS Leaflet - Sept 16.doc</p> <p>www.winstonswish.org.uk phone: 08088 020 021</p> <p>http://childbereavementuk.org/</p> <p>http://www.elephantsteaparty.co.uk/</p> <p>Available from Amazon</p>
<p>EIGHT WEEK MINDFULNESS COURSE</p>	<p>This course is for complete beginners as well as for those who have had some experience of meditation or mindfulness.</p> <p>This course will not teach applicants an intervention that they can apply to others at this stage, but rather it is an introduction to mindfulness practices for anyone who wants to use these for themselves and 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 https://tavistockandportman.nhs.uk/training/cpd-courses/mindfulness/</p>

SUPPORT TO PARENTS


SUPPORT FOR PARENTAL MENTAL HEALTH

<p>EARLY HELP SERVICES</p> <p>Mental health interventions for parents with children 0-19 (0-25 for young people with SEND)</p>	<ul style="list-style-type: none"> Support for children and young people up to 25 and their families. Services include parental mental health interventions and a range of universal and targeted services for parents including help to find work or training, housing information, benefits advice and 1-1 family support (case work) for the whole family. 	<p>FUNDED</p>	<p>Children's Centres - for families with at least one child under 5 years: www.camden.gov.uk/camdensurestart</p> <p>Children and Families Contact team www.cscb-new.co.uk/?page_id=7058</p>  <p>Camden Early Help Leaflet.pdf</p>
<p>THE CAMDEN PARENTS' WELLBEING SERVICE</p> <p>Psychological therapy to parents who are resident in Camden</p>	<ul style="list-style-type: none"> 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. 	<p>FUNDED</p> <p>Referrals via local children centres, child and adolescent mental health services (CAMHS) or IAPT (ICope) service.</p>	<p>Referrals to the service are made via local children centres, CAMHS or the iCope service. For more information The Camden Parents' Wellbeing Service</p>
<p>iCOPE - AN NHS SERVICE</p> <p>Assessment and treatment for a range of psychological problems including anxiety,</p>	<ul style="list-style-type: none"> Provides a confidential psychological therapy service for people over the age of 18 registered with Camden or Islington GPs. Includes online self-help resources and workshops as well as counselling. 	<p>FUNDED</p> <p>Via self or GP referral</p>	<p>For more information iCope Psychological Therapies Service – North Camden</p>

depression and stress.			
ONLINE PSYCHOLOGICAL THERAPIES SERVICE (IAPT)	<ul style="list-style-type: none"> • Cognitive Behaviour Therapy (CBT) is provided in real-time over the internet using written (typed) conversations. • They meet with an accredited therapist in a secure online therapy room, at a scheduled time and location that is convenient to them. • Appointments are either 30 or 60 minutes long any time of day, including evenings and weekends. and they can attend them from anywhere they can connect to the internet 	FUNDED	<p>Self-referral http://uk.iesohealth.com/accessing-ieso/patients/camden-london-borough/ or call 01954 230066 between 9am and 5.30pm</p> <p>Or via GP, nurse or health professional</p>
FAMILIES IN FOCUS Emotional and psychological support for parents	<p>There are two psychologists working within Families in Focus who provide emotional and psychological support to parents. This often takes place alongside support from a family worker or through a parenting programme. Sessions are tailored to the parents' needs and may be linked to their role as a parent or be unrelated to this.</p> <p>Support for</p> <ul style="list-style-type: none"> • feeling stressed, worried or low • difficulties in relationships • thinking about difficult past experiences <p>Sessions are usually one hour long, can take place weekly or fortnightly and can be short or long-term, depending on the parent's needs.</p> <p>The psychologists usually visit parents in their own homes but can arrange sessions outside the home if parents prefer this.</p>	FUNDED for parents living in Camden	<p>For families living in the north of the Borough Mavis.Sarfo-Adu@camden.gov.uk 0207 974 8926</p> <p>For families living in the south of the Borough Elaine.Crouch@camden.gov.uk 0207 974 1957</p>
CAMDEN'S PARENT and CARER COUNSELLING SERVICE (FUNDED)	<ul style="list-style-type: none"> • The parent and carer counselling service (PCCS) is a FUNDED counselling service for parents and carers • Offer 12 sessions of 1-1 counselling which take place weekly in school hours during term time. Counselling sessions provide an opportunity for parents to talk about problems, decisions, worries 	FUNDED for all parents and carers of children in Camden-	<p>Parents and carers can refer themselves to PCCS by emailing pccs@camden.gov.uk to request an application form and leaflet with more information.</p>

	or changes in any area of their life.	maintained schools and children's centres	 Information for schools and childrens  PCCS leaflet and application form.pdf
CAMDEN MOSAIC SLEEP SERVICE for children with SEND	<ul style="list-style-type: none"> Disrupted sleep has a significant impact on children and young people and is more prevalent in those with SEND. 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 	FUNDED	Contact Dr Susan Cottam, MOSAIC Sleep Service Coordinator . 020 3317 2200
SUPPORT GROUP FOR PARENTS OF ADOLESCENTS WITH LEARNING DISABILITIES	<ul style="list-style-type: none"> Held monthly at Swiss Cottage School 	FUNDED	Contact Lucy Hall 0207681 8080 or Dr Susan Cottam 0203317 2200 MOSAIC CAMHS .
NHS Website	<ul style="list-style-type: none"> Mental health support in a local area 	FUNDED	http://www.nhs.uk/service-search/Mental-Health-Adults-of-all-ages/LocationSearch/718

SUPPORT TO PARENTS

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"> • Providing information on Attention Deficit Hyperactivity Disorder. • Setting household rules. • Developing and implementing schedules and routines. • Preparing for school. • Realistic expectations. • Giving clear and calm instructions. • Rewards and praise. • Staying positive and looking after yourself. • The 123 Magic™ approach to effective discipline. <p>The group takes place on a Thurs morning (10am-12pm)</p>	<p>£350 per person, to be met by referrer or parent.</p> <p>Referrals: All parents/carers must be referred by a professional. An invoice will be issued on acceptance of referral.</p>	<p>Contact: Stacey Miller 0207 424 9935 (Mon-Wed) / 0207 267 4792 (Thurs) staceymiller@brandoncentre.org.uk</p> <p>The Brandon Centre 26 Prince of Wales Road London NW5 3LG</p>  <p>ADHD Group Leaflet.docx</p>
'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> <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>	FREE	<p>zenobia@thewinch.org 07594373203</p> <p>Belsize Community Library, Antrim Grove, NW3 4XN</p> <p>10-12 every Thursday morning</p>
PARENTAL WELLBEING GROUP for Latin American mothers being run in Spanish	This group covers a range of topics to enable Spanish speaking parents to settle in to life, culture and services in London and will have a warm friendly atmosphere. We will also have a number of	FREE	Liliana Diaz-Ramirez liliana@manorgardenscentre.org

	Spanish speaking volunteers on hand at each session to support attending parents.		Latin American House, 10 Kingsgate Place, NW6 4TA Tuesdays, 10.30-12.30 https://www.facebook.com/camdenbloussoms/
NURTURING PARENTS: MINDFULNESS BASED WELLBEING FOR PARENTS	Over the two and a half day workshop participants will be introduced to the curriculum and the teaching materials of the NP programme, and will have an opportunity to experience teaching of the practices and exercises. At the end of the training participants will receive a resources pack to enable them to deliver this course in their own settings.	£395	The Tavistock and Portman NHS Foundation Trust https://tavistockandportman.nhs.uk/training/cpd-courses/nurturing-parents-mindfulness-based-well-being-parents/
PARENT WORKSHOP – HELPING CHILDREN TO BUILD RESILIENCE AND POSITIVE MENTAL HEALTH	This 1 hour session helps parents to understand the terms ‘mental health’ and ‘emotional resilience’, and practical ways to help build their children’s resilience and promote positive mental health.	FUNDED	gill.morris@camden.gov.uk Senior Health and Wellbeing Adviser

USEFUL WEBSITES

FOR SUPPORT ON SPECIFIC MENTAL HEALTH NEEDS

Anxiety UK	www.anxietyuk.org.uk
OCD UK	www.ocduk.org
Depression Alliance	www.depressoinalliance.org
Eating Disorders	www.b-eat.co.uk and www.inourhands.com
National Self-Harm Network	www.nshn.co.uk or www.selfharm.co.uk
Suicidal thoughts	Prevention of young suicide UK – POPYRUS: www.papyrus-uk.org

FOR GENERAL INFORMATION AND SUPPORT

Young Minds : Champions young people mental health	www.youngminds.org.uk
Mind	www.mind.org.uk
MindEd	www.minded.org.uk (e-learning)
Time to Change: tackles the stigma of mental health	www.time-to-change.org.uk
Rethink: challenges attitudes towards mental health	www.rethink.org
The Challenging Behaviour Foundation	http://www.challengingbehaviour.org.uk/

The Judith Trust: Closing the gap for all those with Learning Difficulties and Mental Ill-Health

<http://www.judithtrust.org.uk/about-us/who-we-are-and-what-we-do/>

Respond: lessen the effect of trauma and abuse on people with learning disabilities their families and supporters.

<http://www.respond.org.uk>

The National Autistic Society: Mental Health and Autism

<http://www.autism.org.uk/about/health/mental-health.aspx>