

## Your Mental Health Support

Hi, I am Abbe Srithar and I'm here to support children and their families through early prevention, early intervention and education as part of the Mental Health Support Team (MHST).

We believe early intervention is key to improve wellbeing and decrease the number of mental health difficulties in children



## Who Am I?

I'm an Children's Wellbeing Practitioner (CWP), working in your school to promote good emotional wellbeing and mental health of children and young people.

I work together with parents to develop coping strategies to manage your child's distressing thoughts and increase resilience to future problems.

## How to Reach Me?

Speak to your child's teacher or Libby Granite (DMHL) and they will be able to assist you. Once the referral is made I will contact you for more information and schedule the first session.

## What Do I Do?

- 1:1 work with parents providing guided self-help to support challenging behaviour or anxiety.
- Leading group workshops to raise awareness about mental health and equip students with tools to manage stress and anxiety.

**I'm here to listen and support you.**

## How I Can Help?

If you are experiencing;

- Anxiety (have worries, fears and concerns)
- Low mood (feel sad, unmotivated, and frustrated)

**I'm here to listen and support you.**

**Where to find us:**

**[www.wclmind.org.uk](http://www.wclmind.org.uk)**