

Information for Parents (Primary schools)



West Central London mind

WHOLE SCHOOL APPROACH TO MENTAL HEALTH

We offer a range of psychoeducational workshops to children and young people, parents and carers and school staff. We also organise coffee mornings as well as run School and Parents' Forums.

1. Our team delivers a range of psychoeducational workshops to children and young people. We aim to work with staff in order to tailor the workshops to the needs of each school and we continuously develop our offer and stay flexible in our approach to delivery.
2. Working with parents and carers showed to have a promising impact on the wellbeing, attendance, behaviour, sense of school belonging, intellectual development and attainment of children across a range of social and economic backgrounds.
3. Good staff wellbeing has been shown to be essential for cultivating a mentally healthy school and for promoting pupil wellbeing and attainment.



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

TO FIND OUT MORE

If you'd like to learn more about our offer or have a parent workshop delivered at the school, speak to the Designated Safeguarding Lead or class teacher in your school.

OUR WORKSHOPS

CYP Workshops (Primary Schools)

Mental Health Introduction	Setting Goals (Y6)	Social Media
Emotional Intelligence	Self-care	Assertiveness
Anxiety and Mindfulness	Kindness	Managing anger
Challenging unhelpful thoughts	Sleep	SEND Awareness
Exam Stress	Self-esteem	Friendships
Resilience	Transition to Secondary School (Y6)	

Parents and Carers' Workshops		SEND
Mental Health Awareness	How to communicate with a teenager	Helping your young child sleep
Self-care and relaxation techniques	Panick attacks	Wellbeing of parents/carers of children with additional needs
Understanding Anxiety	Sleep hygiene	Encouraging positive behaviour in children (aged up to 16)
Understanding children's behaviour	Transition to reception	Supporting your child with anxiety
Managing children's behaviour	Emotional Intelligence	
Screen Use	Transition to secondary school (Y6/Y7 parents)	