

Brent Mental Health Support team: Primary School Offer

Assemblies

- Mental Health & Wellbeing support
- Specific Awareness Days
- OCD Awareness week
- Exam Stress
- Transitions
- Open Day/Evening

Parent Workshops

- Coffee Mornings
- Understanding Anxiety
- Managing Behaviour
- Parent wellbeing
- Supporting your child with transition to secondary school
- Sleep hygiene
- Understanding emotional based school non-attendance
- Psychoeducation for Tics/ Tourettes
- Understanding neurodiversity
- Strategies to support wellbeing for neurodiverse children
- Understanding MH&W

1-1 Parent Led Support

- Anxiety intervention
- Behavioural difficulties
- Emotion regulation
- OCD
- Emotional based school non-attendance
- Tics/ Tourette's (psychoeducation)
- Trauma-informed

Special Events

- School fayre/fete
- Secondary Sch Allocation Day
- Parents Evenings
- Open Day/Evening

Universal Group/Workshops

- Brain Buddies (Y4-6)
- Exam Stress
- Transitions
- Self-Esteem
- 5 ways to wellbeing
- Understanding Anxiety
- Psychoeducation for Tics/ Tourettes

Targeted 1-1 & Group Support

1-1 therapy:

- Art/Drama/Integrative therapy
- Play Therapy

Group therapy:

- Art/Drama/Integrative Therapy
- Self Esteem
- Nurture group
- Psychoeducation for Tics/ Tourette's
- Understanding neurodiversity

Staff Training

- Inset Days/Staff wellbeing
- Consultation identifying MH
- Identifying MH concerns
- Speaking to parents about MH&W
- Zone of Regulation
- Trauma Informed Practice
- Understanding emotional based school non-attendance

Please talk to your EMHP about specific requirements not listed above.

Brent Mental Health Support team: Secondary School Offer

Assemblies

- Mental Health & Wellbeing support
- Specific awareness day
- Exam Stress
- Transitions
- OCD awareness week

Young Peoples Workshops

- Emotional Regulation
- Managing Exam Stress
Transitions
- Self-Esteem
- Understanding Anxiety
- 5 ways to wellbeing

Parent Workshops

- Understanding mental health
- Talking to your child about mental health
- Understanding and supporting your child with exam stress
- Understanding emotional based school non-attendance
- Understanding neurodiversity
- Strategies to support wellbeing for neurodiverse children
- Psychoeducation around self-harm

Special Events

- School fayre/fete
- Exam Support
- Parents Evenings
- Open Day/Evening

1-1 Support

- Managing anxiety
- Low mood
- OCD
- Emotion regulation
- Managing stress
- Tics/ Tourette's (psychoeducation)
- Emotional based school non-attendance
- Trauma-informed
- Self-harm
- CBT
- Art therapy
- Dramatherapy
- Integrative Arts Therapy
- Psycho-dynamic therapy

Group Support

- Anxiety group
- Self-esteem group (6 sessions)
- Understanding neurodivergence
- Emotion regulation
- Interpersonal psychotherapy group (6 sessions)
- Arts therapy
- Dramatherapy

Staff Training

- Inset Days/Staff wellbeing
- Consultation
- Tree of life
- Understanding mental health
- Risk assessment & Management
- Trauma-informed practice

Please talk to your EMHP about specific requirements not listed above.