

Mental Health Support Teams in Schools Uttlesford

Mental Health Support Teams in Schools Uttlesford, part of Mind in West Essex, is a new service for children, young persons and their parents/carers. **We support mental health and emotional wellbeing, focusing on early intervention.**

We work with the parents/carers as research shows us this is more effective because you know your child best.



Some things we can support parents with are challenging behaviour, low mood or mild to moderate anxiety such as worries, fears etc.

At Katherine School MIND offer a programme of 1-1 parent sessions for 6-8 weeks on a weekly basis. Please contact Laura Quinn at the school office if you are interested.

Primary school support inclusion/exclusion (1:1 criteria) and extra support.

Inclusion criteria (1:1)	Exclusion criteria (1:1)
<ul style="list-style-type: none"> ● Parent/carer of child/young person aged 4-11 ● Mild to moderate anxiety ● Mild to moderate presentation of challenging behaviour in the family home (not classroom) ● Mild to moderate presentation of anxiety in the family home (not classroom) 	<ul style="list-style-type: none"> ● Significant level of risk, for example self-harm or suicidal ideation ● A history of repeated exposure to trauma; sexual abuse, domestic abuse etc. ● Child/young person is currently under treatment with SET CAMHS ● Moderate to severe additional needs