



Information for Parents and Carers

What is the School Wellbeing Service (SWS)?

The SWS is a team of mental health practitioners that support families and schools to help children and young people stay and get back to being emotionally healthy.

When might you benefit from our support?

If you have concerns about your child's emotional wellbeing or if you have noticed any of the following affecting family or school life:



Having fears or worries



Feeling sad or angry



Difficulties sharing feelings and having outbursts



Difficulties following rules and requests



Difficulties with friendships or siblings

What we offer

We offer a range of work to help, including:



GUIDED SELF-HELP (GSH) INTERVENTIONS

- In primary schools, we support parents and carers using GSH interventions based on Cognitive Behavioural Therapy (CBT) principles
- In secondary schools, we offer 1:1 sessions of GSH with YP



GROUPS, WORKSHOPS, AND ASSEMBLIES FOR PUPILS

On mental health themes such as:

- Understanding and managing emotions
- Building confidence and self-esteem



GROUP WORKSHOPS FOR PARENTS AND CARERS

- Understanding and managing your child's anxiety
- Positive parenting strategies
- Supporting your child with secondary transition



GROUP WORKSHOPS FOR STAFF

- Understanding and managing pupil's anxiety
- Staff wellbeing
- Emotional school based avoidance

What to expect

As a parent or carer, accessing support from the SWS will involve:

- Around 8 one-to-one sessions
- Help for you and your child to learn and practice new ways of managing difficulties
- Linking with your child's school and other services that could help if necessary

How to get in touch



islccg.sws@nhs.net



020 3316 1824

If you think we can help and would like to get in touch with our service, please speak to a member of school staff who will be able to help make a referral to us.