



EMOTIONAL WELLBEING TEAM

NELFT **NHS**

NHS Foundation Trust



# Emotional Wellbeing Team

## Who are we?

We are the Emotional Wellbeing Team – trained Emotional Wellbeing Practitioners who are working in schools as part of the Government's national plans to support and improve emotional wellbeing and mental health in schools.

### Who do we work with?

We work with parents whose child may be struggling with:

#### Difficult or challenging behavior (up to age 8)

- Does your child struggle to follow rules? Struggle with temper tantrums? Have difficulty following requests?

#### Mild anxiety (any age - primary school)

- Does your child seem nervous and easily frightened? Does your child worry a lot? Does your child need continual reassurance?

If the answer is 'yes' to any or all of these questions then we may be able to help you!



For more information →

**What we offer**

**What we provide**

**Who do I contact**

[www.nelft.nhs.uk](http://www.nelft.nhs.uk)



### What do we offer?

- We can meet with parents for weekly sessions of support (of up to 8 sessions which may be in a group with other parents or on a 1:1 basis) in order to provide you with the information, advice, guidance and tips on how to support your child with their behaviour or their anxiety.
- We aim to provide you with new skills that will help your child to manage challenges, regulate their emotions and to build their confidence. We aim to improve children's Emotional Wellbeing and support parents to be an important part of building resilience.

### Do you provide anything else?

- Throughout the year we also offer workshops for whole classes such as the 'managing the transition to secondary school or 'building resilience'.
- Parent workshops include 'understanding your child's behaviour' and other topics related to Emotional Wellbeing.
- Sign-posting and advice for other support services.

### Who do I contact?

If you are a parent and think that you and your child might benefit from this support, please complete the attached form and return it to reception.

### Need this in a different language?

For copies of this information in a different language, or a different format, please contact the **Equality, Diversity & Inclusion Team**

Equality&DiversityAdmin@nelft.nhs.uk

**0300 555 1201 Ext 65076**

NELFT provides community and mental health services for people of all ages in Essex and the London boroughs of Barking & Dagenham, Barnet, Havering, Redbridge and Waltham Forest, as well as Kent and Medway.

NELFT NHS  
Foundation Trust  
CEME Centre – West  
Wing, Marsh Way,  
Rainham, Essex  
RM13 8GQ.

Tel: 0300 555 1200

**[www.nelft.nhs.uk](http://www.nelft.nhs.uk)**

Production date: March 2020  
Review date: March 2022  
Ref: 2019257

©2020 NELFT NHS Foundation Trust