



EMOTIONAL WELLBEING TEAM

NELFT **NHS**
NHS Foundation Trust

Emotional Wellbeing Team



Who are we?

We are the Emotional Wellbeing Team – a new initiative of Emotional Wellbeing Practitioners who are working in schools as part of the Government’s national plans to support and improve mental wellbeing in schools.

Who do we work with?

- Parents of pupils from reception to year 6 who have mild to moderate levels of anxiety and challenging behaviour.
- Whole year groups, assemblies or classes.

What do we offer?

- Individual or group sessions for ‘overcoming your child’s fears and worries’
- Individual or group sessions for ‘understanding your child’s behaviour’.
- workshops and whole class interventions on topics such as understanding exam stress, transitioning to secondary school and other topics.



For more information



How will it help?

Who do I contact

www.nelft.nhs.uk



How will it help?

Parents will learn new skills to help their children manage difficult thoughts and regulate their emotions. They will build their confidence in supporting their child through difficult situations

Workshops and whole class interventions can help prevent emotional difficulties and promote positive mental health in children.

Who do I contact?

If you would like further information or have any questions please contact your school's Emotional Wellbeing Practitioner.

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.

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