

MHST Parent and Community Worker Service Offer: Information for Schools

Parent/Carer Group Offer:

All sessions can be offered to individual schools or community hubs.

Workshops and Information Sessions

We run several workshops and information sessions to raise awareness of wellbeing needs in children and young people and some tips on how to support these as a parent.

For example

- An Introduction to Children and YP Mental Health
- Positive Communication and Attachment
- Understanding and Supporting Anxiety
- Behaviour as Communication
- Supporting Sleep
- Looking After Yourself – self-care for parents
- The Teenage Brain

Bespoke workshops and information sessions can be developed in response to school or community needs.

Self-care Group Activities

Offering a range of sessions to promote parents/carers self-care that can take place in school, community venues or the local area. These are arranged to meet the specific needs and wishes of parents.

Examples include -

- Pampering Sessions
- Well-Being Walks
- Mindfulness sessions

These sessions will focus on how parents/carers can look after themselves to assist resilience when parenting.

Parent/Carer Engagement Sessions

We also provide drop-in sessions and Chill 'n' Chat. These are an opportunity to come and have an informal chat around emotional wellbeing, self care and mental health within an informal and supportive environment. Accessing peer support and helping to raise awareness, gather information on barriers to engagement with services and set themes for other group activities.

1-1 Parent Self-Care Support:

For:

- Parents wanting to explore their own self-care and mental health needs in order to increase parenting resilience
- Where there are no other mental health or parent support services already involved
- Where parents may need support or encouragement to source and access services or self-care resources

Providing:

- Supportive conversations to explore the support needs that impacts on their resilience as a parent
- Signposting and supporting parents to access services or self-help resources

Outcome:

- Increased resilience to manage day to day parenting challenges
- Increased access to support services
- Awareness of services available and how to access them in the future as needed

Does not provide:

- Ongoing 1-1 support or intervention

Support to Schools:

Available to advice schools on other support services available to support parent or family needs as required.

How to Access:

If you would like to access any of the above support please speak to your allocated MHST Parent and Community Worker or email parentmhst@northorpehall.co.uk to arrange a time to discuss further.

Please note this is not a secure email address please do not send any details of young people or families to this email.