

What to do if you'd like support:

- You or your child can speak to their class teacher, school SENCO, or another member of staff.

- If we could be the right support for you / your child, we might then meet with you to get a better understanding of what is going well and what you might like support with. We might start by calling you to agree a time to meet.

- If it seems helpful and is agreed by everyone, we can then agree a plan with you going forward for future appointments.



School Wellbeing Practitioners

Information for parents/carers



Our Address:

Enfield CAMHS
Bay Tree House
ChristChurch Close
Enfield
EN2 6NZ



Website: <http://behcamhs.nhs.uk>



Who are we?

Based in schools across Enfield, we as school wellbeing practitioners (SWPs) aim to promote emotional wellbeing and mental health by supporting children, young people and their families through prevention, early intervention, and identification.

We are a part of the 'My Young Mind Enfield' (MYME) mental health support team. The service acts as a partnership between health and education, aiming to create links between NHS services and schools to help children and families. In addition to SWPS, the team is made up of staff with different roles and backgrounds from healthcare and education.



What do we do?

We have been trained by the Anna Freud Centre and UCL to assess and support children and young people experiencing common mental health difficulties, particularly mild to moderate anxiety, low mood and behavioural difficulties.

The support we offer is based on cognitive behavioural therapy and guided self-help. This includes:

- Low intensity evidence based one to one interventions with young people
- Support for school staff.
- Support schools to develop a 'whole school approach' to emotional wellbeing and mental health.



- Groups and workshops on various topics for children, young people, parents, and school staff. Examples of these topics are:

