

As a school, we are supported by the NHS Wave 6 Merton Mental Health Support Team. The team, which includes a clinical psychologist and Education Wellbeing Practitioners, offers:

- Workshops and webinars on mental health and parenting
- Coffee mornings
- Signposting to appropriate services
- Early intervention: Free (NHS funded) one-to-one, parent-led guided self-help for parents who are starting to struggle with challenging behaviour and childhood anxiety.


If you would like more information about our work, please contact the Mental Health Lead by emailing [mentalhealthlead@josephhood.merton.sch.uk](mailto:mentalhealthlead@josephhood.merton.sch.uk) or email our team directly: [Wave6MertonMHST@swlstg.nhs.uk](mailto:Wave6MertonMHST@swlstg.nhs.uk)

If you feel you would like to be referred to the team, please contact the Mental Health Lead by email.


## Our Parent Interventions

**We offer 2, parent-led, Guided Self-help support programmes for parents looking to explore new ways of supporting their children with...**

### Anxiety



### Challenging Behaviour



**Parenting can often feel hectic, without enough time to think about what you're doing to get the best out of your child. It is easy to become stuck in a cycle of reacting to children's emotions and behaviour in the moment without having the space to think proactively about how you're managing them and setting them up to do well. We work with parents to help them to understand their children's feelings and behaviour patterns and put in place effective strategies so that family life can feel calmer and happier.**

Visit our *YouTube* channel for a great selection of mental health and wellbeing videos for parents, staff and young people:

[SWLSTG Education Wellbeing Service -Parents/Carers/Children/YP/](#)

Follow us on eventbrite to see our menu of free online webinars for Primary school parents.

[Primary Parents - NHS Wellbeing Workshops | Eventbrite](#)