#### **OTHER SUPPORT AVAILABLE**

There are a number of other helpful services you can fine online that you may wish to contact including:

- Autism Team Haringey
- Caspari Foundation (learning support)
- Child Autism UK
- Child Bereavement Network
- Child Death Helpline
- Children's Centres (Haringey)
- Crutch in Haringey (financial hardship)
- Early Help in Haringey (parenting)
- Educational Welfare Service (EWS)
- Family Based Solutions (reconciliation)
- Family Lives (parenting support)
- Family Support Service (housing related)
- Gingerbread (one parent families)
- Good Thinking (wellbeing apps)
- Grief Encounter
- Haringey CHOICES (wellbeing support)
- Haringey RELATE (relationship support)
- Hope In Tottenham (counselling)
- Haringey Local Area Coordinators
- IMECE Women's Centre (BAME support)
- IAPT (free psychological therapies 16+)
- Markfield (social links and information)
- Mind Ed (Learning)
- MIND in Haringey (Information/support)
- MumsNet (online discussion forum)
- National Autism Society
- One Haringey (Wellbeing advice)
- Open Door (Parents)
- PACE UK (exploitation help)
- Solace Women's Aid (abuse/violence)
- Tavistock Relationship Centre
- Womens' Aid (domestic violence)

### TRAILBLAZER PARTNERSHIPS



CHOICES Providing access to emotional support for children, young people and their families in Haringey

Dopen Door

40 years of listening to young people

#### **CONTACT INFORMATION:**

Phone: 020 8702 3400

- Email: beh-tr.trailblazers@nhs.net
- Web: behcamhs.nhs.uk/contact-us



## **Information for Parents**



STRENGTHENING EMOTIONAL RESILIENCE

"Strengthening mental health, emotional wellbeing and resilience in schools"

Funded and supported by:





#### WHO ARE WE?

Trailblazers is a partnership of Mental Health Support Teams (MHSTs are a new workforce which began in early 2019) and other agencies (see partnerships on back page).

Trailblazers work within Haringey schools to raise the profile of mental health, promoting and delivering early intervention and prevention.

Trailblazers also support schools to develop their whole schools approach to emotional wellbeing and mental health.

The teams are made up of wellbeing workers and mental health professionals who support emotional wellbeing and deliver interventions for children, young people and parents.

As one of the first schools to receive this support, your child's school is helping to improve emotional wellbeing locally as well as contributing to the development of this new approach for other schools in England.

#### HOW WE WORK?

Depending on the needs of each school we can offer:

- group and one to one interventions to support children and young people
- group and one to one interventions to support parents
- a drop in service within schools
- mental health training and consultation for staff around concerns
- working with the designated senior leads and staff, to deliver a whole school approach to promote better mental health and wellbeing
- working in partnerships with school and parents to obtain a better understanding of mental health issues

#### WHAT WE CAN PROVIDE

We offer support for children, young people and families struggling with:

- Worries /Anxiety
- Low mood / Depression
- Sleep difficulties
- Self-harm
- Anger issues
- Friendship issues
- Challenging behaviour
- Concentration difficulties / ADHD
- Transitions e.g. peer mentoring
- Major life changes

#### **SUPPORT FOR FAMILIES**

The MHSTs offer advice and support for parents, families and carers.

We also offer opportunities to support you around your child's emotional wellbeing and mental health via group and one to one sessions.

Parents are encouraged to give consent in order to access support from the MHST.

For more information about the service, how to access support and how information will be used and stored please go to:

www.behcamhs.nhs.uk/contact-us



# STRENGTHENING EMOTIONAL RESILIENCE