

Self-help for parents/carers



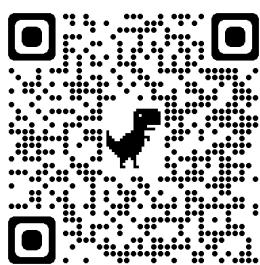
Compass GO... are your local Mental Health Support Team. We work with all schools within North East Lincolnshire. We offer support and advice to schools, professionals and families. We support schools by offering workshops and assemblies on mental health and wellbeing topics, and also offer group work and 1:1 intervention for first signs of mental health and wellbeing difficulties. We deliver our support through Cognitive Behavioural Therapy. Recently we sent out some parent/carer surveys, thank you if you completed these. We have put together some self-help videos that you can access below.

SCAN ME



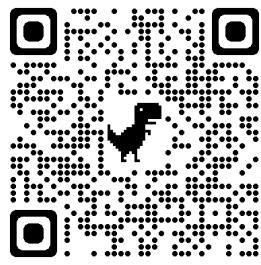
Anxiety

SCAN ME



Low Mood

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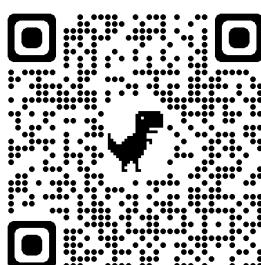
Separation Anxiety

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Emotional Regulation

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Transitions

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Worry

[HTTPS://WWW.YOUTUBE.COM/C/COMPASSGOMHST/VIDEOS](https://www.youtube.com/c/CompassGOmHST/videos)

