

Mental Health Support Team (MHST)  
Croydon Wave 1

Emotional Wellbeing Helpline: 07702 339000

Email: [CroydonMHST@slam.nhs.uk](mailto:CroydonMHST@slam.nhs.uk)

[www.slam.nhs.uk/our-services/camhs/schools/mhst](http://www.slam.nhs.uk/our-services/camhs/schools/mhst)

January 2021

Dear Parents/Carers,

### Emotional Wellbeing for Children and Young People

The MHST is a school programme based in specific Croydon schools, including yours, who aim to increase emotional wellbeing support for children and young people. We are continuing our support during and after the lockdown. This includes:-

**One to one Guided Self Help** Our Education Wellbeing Practitioners (EWPs) are continuing to work with young people and parents/carers with sessions of Guided Self Help targeting mild to moderate problems:

#### Adolescents:

**Low mood and/or anxiety. 8 sessions of Guided Self Help with young person (via phone during school closures)**

#### Primary schools age children:

**8 sessions Guided Self Help on Challenging behaviours or anxiety (delivered through the parent).**

**You can refer your child to our service using a referral form available from your school or by contacting our Helpline number 07702 339000 or emailing: [CroydonMHST@slam.nhs.uk](mailto:CroydonMHST@slam.nhs.uk)**

**Helpline number: 07702 339000**

The Helpline is available for parents/carers and school staff who may be concerned about a young person or child or want to refer someone to our service or might be struggling themselves. The Helpline is also available for young people, who want to refer themselves about issues such as worries, low mood, anxiety, problems with sleeping or eating. We are also able to provide advice and consultation to schools.

**This service is open from**

**Monday - Friday 9am to 3.30pm.**

### Workshops for Parents and Young People

We have a workshops available during this time available on our website:

<https://www.slam.nhs.uk/our-services/camhs/schools/mhst-resources/>

These include:

**[Looking After your mental Health during lockdown](#)** – A guide for young people

**Supporting your child – Self Care, Family Tensions and supporting learning at home. Parent workshop**

**Transition back to school.** Feeling nervous about school return? A guide to young people. (a workshop aimed at primary school pupils and another aimed at secondary school pupils)

**Low Mood.** A guide for young people

**Teenage development and sleep problems. Parent workshop.**

Yours faithfully,

**Deborah Chadwick**

**Clinical Lead for Mental Health in Schools**

**Mental Health Support Team (MHST) and SEaDS Team**

***South London and Maudsley NHS Foundation Trust***

*Christopher Wren House | 113 High Street | Croydon | CR0 1QG*

*Telephone: 020 3228 0000 Mobile: 07793724756*

I am working remotely to prevent the spread of Covid-19 as advised by the Government and NHS



**Other Help is available:**

Helpline for young people or parents :- 07702 339000

Kooth – [www.kooth.com](http://www.kooth.com). Online support services for young people, 11-25 years. Free, online counselling. Monday to Friday 12pm to 10pm. Weekend 6pm to 10pm.

Duty Clinician CAMHS 9am-5pm - 0203 2280000

**CAMHS Crisis Line— Mon - Fri 9am to 9pm, Weekend—02032285980**

**SLaM Adult Mental Health Crisis Line - Mon - Fri 5pm to 9:30pm, Weekend, 1pm to 9pm**

**NHS - 111 or GP. Family GPs are still contactable by phone if not face to face.**

**Emergency Service—999**

**The Samaritans (24hrs) - 08457909090**

**Child Line - 080001111**

**Croydon Drop In: 020 8680 0404 <https://croydondropin.org.uk>**

**Off the Record: 0208251 02510 <https://www.talkofftherecord>**