



Dacorum Mental Health Support Team

Supporting mental health and wellbeing in your school

Does your child get worried or anxious? Do they get upset about coming into school? Do they struggle with their emotions or have outbursts? Are bedtime routines challenging? Or are you struggling with their behaviour at home?

If any of these things sound familiar there is help!

We offer parent-led support in school which consists of 6-8 personal weekly sessions with a trained Education Mental Health Practitioner. The sessions are designed to support parents in the challenges of managing children's emotions and/or behaviour.

Helping Your Child with Fears and Worries

Designed to help parent/carers explore ways of supporting their child who is experiencing fears or worries. If you have noticed your child avoiding, worrying, or seeking reassurance about certain situations, objects or places this intervention may be for you. This may have been a recent change or an ongoing difficulty. We will work together and guide you to understand and implement strategies to support your child with their fears and worries.



Promoting Positive Behaviour

Designed for parents/carers to increase their skills to promote positive and helpful behaviours in their child.

We help parents/carers to develop confidence in parenting their child by sharing various techniques that support the management of challenging behaviours.



Please speak with your child's teacher or with the school Mental Health Lead if you are interested in this support.