

Harrow Mental Health Support Team At Whitchurch Primary School



Who are we?

We are Education Mental Health Practitioners (EMHP), who work in schools supporting children and families with their wellbeing.



What do we help with?

Anxiety

Anxiety is a normal emotion and we all experience it occasionally, but it can be a problem when children feel worried a lot of the time or it stops them from doing things they want or need to do. We can help you to support your child to manage their worries and overcome their anxiety to face their fears.

Challenging behaviour

All children go through phases of testing boundaries, but sometimes they can behave in a way that is challenging to others and this persists for some time and becomes difficult for parents to manage. We can equip you with strategies to manage your child's behaviour and support them to communicate and express themselves in a more helpful way.



How does it work?

We work with parents as research shows that this is an effective approach for primary school-aged children. First of all we would meet with you for an assessment session, to find out about your child and what you would like support with.

After this, if we feel we are the right people to help, we would offer you approximately 6 sessions to support you to manage your child's anxiety or challenging behaviour. The sessions are called 'guided self-help', which means we help you to learn techniques to support your child, which you can then put into practice yourself.



What happens next?

If your school have already made a referral for you, then your EMHP will get in touch with you to book in an assessment.

If you haven't been referred but would like to be, speak to a member of staff at your child's school, and they will be able to help.

