



Education Wellbeing Service Information for Parents

We are the Sutton & Merton Education Wellbeing Service. We are an early intervention service, set up to provide mental health support for families. We are normally based in schools, but in light of Covid-19, we offer video call sessions. We offer two programmes; both programmes consist of 6 to 10 sessions with parents and are FREE of charge (funded by the NHS).



Lucy



Lauren



Molly

Child anxiety programme

This is for parents seeking support in managing their child's anxieties. It's aimed at children aged 4 – 11 and often feeling worried (e.g. shy, panicky or fearful of things such as separation, monsters, the dark, friends, school).

Challenging behaviours programme

This is for parents seeking support in managing their child's common behavioural difficulties (e.g. not following instructions, difficulties at bedtime, outbursts, tantrums, being rude). This programme is aimed at children aged 3 – 10 years.

These sessions aim to empower parents/guardians by helping them understand their child's difficulties and by providing tools and coping strategies they can use with their child. We call this Guided Self-Help. This focuses on building confidence and resilience and involves trying techniques with your child at home.

Interested? Your child's school can make a referral to us.
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