

Contact Information

The SWPs are based at:

My Young Mind Enfield
Enfield CAMHS
Bay Tree House
Christchurch Close
Enfield
EN2 6NZ

If you have further questions,
please contact us:

Telephone: 0208 702 5100

Email:

beh-tr.enfieldcamhsmhst@nhs.net



We look forward to working with you

This leaflet was developed as part of setting up this project and may be adapted in future . We welcome feedback from schools, parents and young people as part of shaping the service.

Barnet, Enfield and Haringey
Mental Health NHS Trust
A University Teaching Trust

NHS Enfield CAMHS
Mental Health Support Team in Schools

MYME
My Young Mind Enfield

ENFIELD
Council

Enfield CAMHS

MYME

My Young Mind Enfield

School Wellbeing Practitioners

Information for
Parents, Carers and
Young People

supporting the emotional wellbeing and
mental health of children and young people



Who are the School Wellbeing Practitioners?

SWPs are part of a new government initiative that aims to promote positive emotional wellbeing through supporting children and their families through prevention, early intervention and education. SWPs will be based in schools.

The SWPs are employed by the NHS. The service is a partnership between health and education, and aims to create links between NHS services and schools to help children and families. The team is made up of staff with different roles and backgrounds from healthcare and education.



What do School Wellbeing Practitioners do?

The SWPs in your school are hoping to get to know you and your child, offering support when needed and finding out your ideas about how we can all work together to support the emotional wellbeing of students.

What support do we offer?

- We work with children, young people and parents to support around common difficulties, such as worries, fears, mood and behaviour.
- For young people, we might do much of the work together with you.
- We offer groups and workshops adapted for children, young people, parents and school staff on topics such as stress, transitions, friendships, anxiety and worry.
- Supporting staff in your child's school.
- Supporting the school to develop a 'whole school approach' to emotional wellbeing.

How can it help?

We use an approach called guided self-help to provide you with tools and materials to help with difficulties.

We work alongside you towards your goals for improving your/ your child's emotional wellbeing. We will help you develop an 'emotional toolkit' for dealing with difficult feelings and experiences.

What to do if you would like support from the SWPs?

- You or your child can speak to their class teacher, school SENCO, or another adult you trust in school. They will speak to the SWPs and think about if they are the best people to help you.
- Staff in school can keep you updated about what will happen next.
- If we could be the right support for you / your child, we might then meet with you to get a better understanding of what is going well and what you might like support with. We might start by calling parents to agree a time to meet together. These meetings will be held in your school.
- If it seems helpful and is agreed by everyone the SWP can then agree a plan with you going forward for future appointments.