

# Primary Mental Health Team Consultations and Parent Information Sessions

## Parent 1:1 Consultations

**Are you a parent or carer of a child/young person living in Coventry or Warwickshire?**

Would you like the opportunity to speak in confidence with one of our Primary Mental Health Practitioners about your child/young person?

**We offer one-off 45min 1:1 consultations where you are able to discuss your child/young person's current difficulties with a professional!**

We use a solution-focussed framework to explore strategies and ways to help you better support them.

You will be asked to complete the Dimensions tool and forward to us prior to your attendance.



**You are welcome to book onto ONE consultation and booking is ESSENTIAL! Please email [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk) or call 07917 504682 to book your time slot. Please DO NOT call the Rise Navigation Hub. These consultations are for parents/carers ONLY. Please DO NOT bring children to the appointment.**

We also offer FREE Parent Information Sessions, during the current restrictions these will be delivered via the online platform ZOOM. At these sessions you will have the opportunity to meet other parents and learn about common emotional wellbeing concerns in children/young people and find out what you can do to help!

Parent Information Sessions are structured sessions on a particular topic.

| TOPIC   | DATES AND TIMES  |
|---|--|
| <p><b>Understanding and supporting children aged 3-11 years with Anxiety</b></p> <p>You will learn about anxiety and how we can help our children manage their worries. You will learn to identify the signs and symptoms of anxiety and how it might present in children of different ages.</p> <p>You will learn to differentiate between the usual stresses of childhood and anxiety that may be more problematic for your child.</p> <p>You will learn practical strategies and techniques you can do at home to support your child when they are feeling anxious. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p> | <p>13th January 2022 @ 12.30pm - 2.30pm</p> <p>9th May 2022 @ 10am - 12pm</p>  |
| <p><b>Understanding and supporting children aged 12+ with Anxiety</b></p> <p>Similar to the above topic, you will learn about anxiety in relation to young people aged 12+ years.</p> <p>You will learn some new strategies to support a young person within this age group.</p> <p>You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>  | <p>21st January 2022 @ 10am - 12pm</p> <p>19th May 2022 @ 12.30pm - 2.30pm</p>                                       |
| <p><b>Understanding Sensory Needs in school aged children</b></p> <p>You will learn about sensory processing in children/young people and gain an understanding of how it affects them in their day to day life.</p> <p>You will learn about your child's sensory needs and how you can support them to better manage their anxiety, low mood and other common mental health difficulties. You will learn practical strategies and techniques to try at home to manage your child/young person's sensory needs and will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>   | <p>15th November 2021 @ 10am - 12pm</p> <p>17th March 2022 @ 12.30pm - 2.30pm</p> <p>1st July 2022 @ 10am - 12pm</p> |

| TOPIC  | DATES AND TIMES  |
|--|--|
| <p><b>Understanding Emotional Regulation in school aged children</b></p> <p>You will learn about healthy emotional development in childhood and understand what healthy emotional development looks like at different ages.</p> <p>You will learn about the challenges children and parents face at different ages and what can you do to help.</p> <p>You will learn practical strategies and techniques that may be helpful to support your child's emotional development and you will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p> | <p>24th January 2022 @ 10am - 12pm</p> <p>25th May 2022 @ 12.30pm - 2.30pm</p>   |
| <p><b>Understanding and supporting school aged children who Self-harm</b></p> <p>You will learn about self-harm, what it is and how you can help your child/young person?</p> <p>You will learn about some of the reasons young people self-harm and what can maintain this behaviour.</p> <p>You will learn practical strategies and techniques that may be helpful for a child/young person who is self-harming. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>  | <p>9th November 2021 @ 10am - 12pm</p> <p>14th February 2022 @ 12.30pm - 2.30pm</p> <p>23rd June 2022 @ 10am - 12pm</p>  |
| <p><b>Understanding Low Mood in children and young people</b></p> <p>You will learn to understand the definition of low mood and its relationship with depression.</p> <p>You will learn to understand signs and symptoms of low mood.</p> <p>You will explore the risk and protective factors that impact on low mood.</p> <p>You will learn strategies to use to support your child or young person experiencing low mood. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>  | <p>1st December 2021 @ 12.30pm - 2.30pm</p> <p>31st March 2022 @ 10am - 12pm</p> <p>4th July 2022 @ 12.30pm - 2.30pm</p> |
| <p><b>Understanding and supporting children and young people with School Refusal</b></p> <p>You will gain an understanding of what school refusal is, who it affects and why. You will learn practical strategies and techniques you can do at home to support your child who may be refusing to attend school. You will learn about developing an action plan to support your child to improve school attendance.</p> <p>You will also find out where you can access local support if you are worried about your child's emotional wellbeing.</p>   | <p>6th October 2021 @ 12.30pm - 2.30pm</p> <p>31st January 2022 @ 10am - 12pm</p> <p>10th June 2022 @ 10am - 12pm</p>    |

| TOPIC   | DATES AND TIMES  |
|---|--|
| <p><b>Understanding Self-Esteem in children and young people</b></p> <p>To understand the definition of self-esteem and development of self-esteem in childhood.</p> <p>To identify and understand what healthy and low self-esteem might look like in a child or young person.</p> <p>To understand the link between self-esteem and mental health.</p> <p>To introduce strategies that can be used to support a child or adolescent experiencing and low self-esteem.</p> | <p>13th October 2021 @ 12.30pm - 2.30pm</p> <p>10th February 2022 @ 10am - 12pm</p> <p>13th June 2022 @ 12.30pm - 2.30pm</p> |

Please note these sessions are for **parents/ carers ONLY** and **booking is ESSENTIAL**

Please do NOT bring children to these sessions

To book your place, visit  
[www.recoveryandwellbeing.co.uk/Courses](http://www.recoveryandwellbeing.co.uk/Courses)  
 Select the course you want to book on and follow the instructions.

*Please DO NOT call the Rise Navigation Hub*