

Our Ref: GMHST
21st July 2022



**Children and Young People's Directorate
Greenwich CAMHS**

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Private & Confidential

Dear Parents,

We are a service working with your school to support the emotional wellbeing and mental health of your children. Some of you may have already been in touch or heard of us through your schools class teacher/inclusion lead/SENco or counsellor.

During the COVID-19 pandemic we have been working with parents and young people via video and phone sessions to ensure you are receiving the right support in a safe way. We are also able to offer face to face interventions if there is a clinical need. We will continue to offer this service throughout the summer holidays and wanted to encourage all parents to get in touch with us if you have any concerns regarding your child's emotional wellbeing and mental health at this difficult time.

We offer 6-8 sessions of CBT (Cognitive Behavioural Therapy) based support for child anxiety and/or challenging behavior.

If you have noticed that your child seems more worried than usual, reluctant to engage in their everyday activities, having difficulties with their behavior or noticed a change in their sleep/eating habits which could be related to emotions and mood, then we may be able to help.

To speak to one of our team about how we might be able to help you to support, please email the address below:

oxl-tr.gmhst@nhs.net

With the following information:

Name:

Date of Birth:

School:

Contact Number:

Current Difficulties:



Improving lives

A member of our team will then contact you over the phone to think about what kind of support you and your child would benefit from and set up a meeting with one of our Education Mental Health Practitioners if this feels right for you.

Yours sincerely,

Mental Health in Schools Team
Greenwich CAMHS