

## Dear parent or carer,

Are you concerned about your child's emotional wellbeing or are you noticing increasingly challenging behaviour at home? The Mental Health Support Team (MHST) offers consultation slots on Tuesdays between 2.15pm and 3.15pm at Grand Avenue Primary School, to offer personalised support and advice tailored to your child's needs in a confidential 20 minute consultation.

The experienced mental health professional provides a safe space to discuss concerns, gain insight and explore strategies to support your child's wellbeing. You don't have to face these concerns alone. Book your consultation today and take the first step towards further supporting your child's wellbeing.

If you are interested, please feel free to book a consultation slot, by scanning the QR code or email me: [clara.henrich@achievingforchildren.org.uk](mailto:clara.henrich@achievingforchildren.org.uk)



QR Code

## Mental Health Support Team (MHST) by Achieving for Children

The MHST is an early intervention and prevention service focusing on mild to moderate mental health difficulties such as anxiety, low mood and common behavioural difficulties. The Kingston and Richmond MHST is a schools-based multi-disciplinary team of psychological professionals including clinical leads, creative therapists, mental health practitioners and education wellbeing practitioners. We cover all schools in Kingston and Richmond.

- Deliver evidence-based interventions for mild-to-moderate mental health concerns.
- Support schools to develop a whole school approach to mental health.
- Work with schools and other services to help children get the right support.