

Herts & West Essex  
Mental Health Support Teams

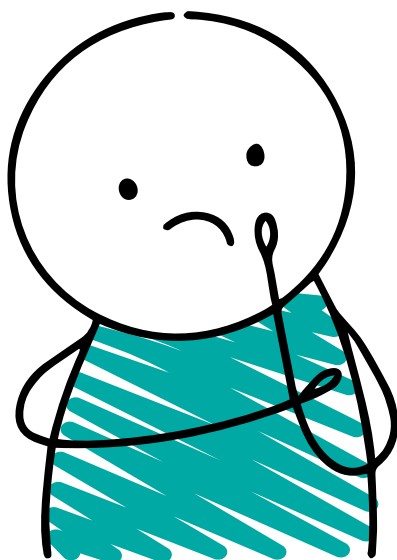


Hertfordshire  
Partnership University  
NHS Foundation Trust



Mental Health Support Team (MHST)  
Intervention Information:

# Helping Your Child with Fears and Worries



Our  values  
Welcoming Kind Positive Respectful Professional

# Helping Your Child with Fears and Worries



## Who is this intervention for?

This intervention is designed to help parent/carers explore ways of supporting their child who is experiencing fears or worries. If you have noticed your child avoiding, worrying, or seeking reassurance about certain situations, objects or places this intervention may be for you. This may have been a recent change or an ongoing difficulty.



## How can this support help parents/carers?

We will work together and guide you to understand and implement strategies to support your child with their fears and worries. The skills learnt are transferrable and applicable to future challenges.



## Why do we work with parents/carers rather than the child?

- Research shows that working with parents/carers is just as effective as working with the child
- The same positive outcomes can be seen in fewer sessions
- Parents/carers know their children best and are best placed to implement changes
- Parents/carers are more motivated than children to make changes as they are more likely to focus on long-term gain

- Families tell us they want to be able to manage their child's difficulties within the family and the child does not want to be made to feel 'different'
- Parents/carers are more likely to be able to remember and implement strategies in the future



## What age range is this intervention suitable for?

This intervention is most effective with parents/carers of children between the ages of 4 and 11 years old.





## How many sessions do I need to attend?

You will attend an initial assessment where we will explore your child's current difficulties, your child may also be invited to attend with you. If this intervention is appropriate, we will typically offer 6 - 8 sessions which are attended by parent/carer only. Each session lasts for 1 hour and can be either face-to-face at your child's school or online.

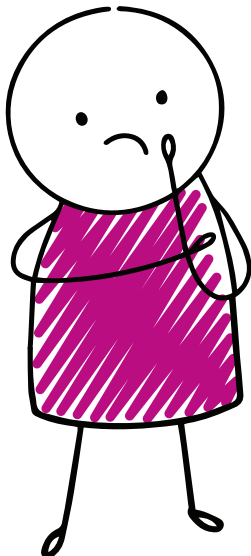


## What tools will I need?

You will need access to the following resource, which will guide you through sessions: **"Helping Your Child with Fears and Worries 2nd Edition: a self-help guide for parents/carers"** by **Cathy Creswell & Lucy Willetts**. This can also be accessed as an audiobook.

If purchasing or accessing the book is a worry, please let your practitioner know.

You will need to be committed to attending regular appointments, reading outside of sessions, and completing activities with your child.





## How can I access support?

If you wish to access support, please speak to your school or college's Designated Mental Health Lead (DMHL) or another trusted staff member. The DMHL can then make a referral to our service or signpost you to appropriate support.



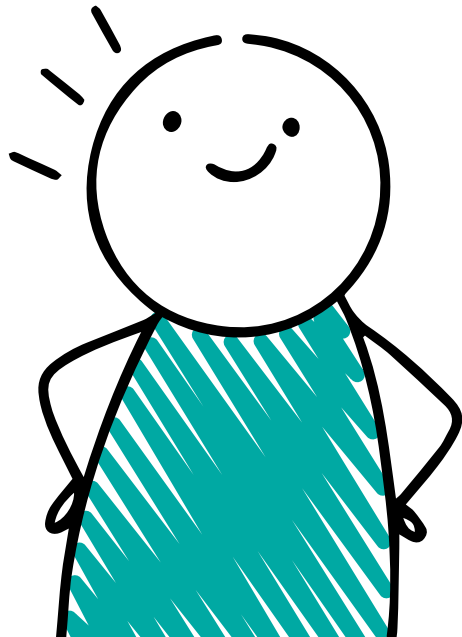
## How can I request support from the MHST?

Speak to the Designated Mental Health Lead (DMHL) at your school/college who can refer you to our service.

Or fill in your details below and hand this to a trusted member of staff who will pass this onto the DMHL.

**The Mental Health Support Team is not an emergency service and is unable to provide urgent or crisis care. If a child or young person is in crisis, you should:**

- Call Freephone 0800 6444 101 (Single Point of Access (SPA) 24/7 Mental Health Helpline)
- NHS 111 and select option 2 for mental health service
- If they are seriously ill or injured, dial 999 for the emergency services or attend A&E





**Name of Child:**

**Name of Parent:**

**Email Address:**

**Contact Number:**

**Intervention:** MHST Initial Assessment • **Date:**