



Interest in Support

Name of main contact expressing interest:

Contact details (email or telephone):

I consent / do not consent to the above contact details being shared with the St Albans MHST so they can contact me if needed. (delete as appropriate).

This letter will aim to support school in identifying those who may require support.

As we are an early intervention service, we do encourage anyone who feels their child or young person is struggling with worries/anxiety or behavioural difficulties to engage with support if you feel it may be helpful.

Our service aims to support prevention as well as mild to moderate mental health difficulties.

If you feel support from our service is relevant and may support your child's wellbeing, please do complete the below and return to Maple Primary School, who will then liaise with our team about most appropriate support options.

- ☐ My child has difficulties with anxiety/worries or behavioural difficulties, and I would be interested in a 1:1 parent/carer-led intervention with the MHST.
- ☐ My child has difficulties with fears and worries or behavioural difficulties, and I would be interested in a parent/carer-led group intervention with the MHST.
- ☐ I am interested to find out further information about particular mental health or wellbeing topics via workshops/presentations by the MHST.

Topics I'd be interested to have more information on include:

- ☐ Anxiety ☐ Low self-esteem ☐ Reassurance seeking ☐ Sleep
- ☐ Other – please note what topic:

☐ I'd be interested in my child joining a small group intervention to develop their emotions understanding and regulation strategies.

☐ I would like signposting information to other mental health and wellbeing support for my child.

Please return to Maple Primary School who will discuss possible options for support from September 2023.