Education Wellbeing Service

NHS South West London and St George's Mental Health NHS Trust

Wave 6 Merton Mental Health Support Team

# Have you noticed a change in your child's behaviour or emotional wellbeing?

## We could offer you support and guidance...







The NHS Education Wellbeing Service is a confidential service designed to support children, young people and their families in school.
We offer 1-to-1 support for parents in the form of guided self-help sessions to support the following common difficulties:



ANXIETY



CHALLENGING BEHAVIOUR

***Parent Feedback...***

*"I've gone away with something valuable to apply"*

*"I felt listened to, and they were able to personalise the sessions to fit our child's needs".*

Follow the QR code to refer to us directly:

**To find out more, contact your school's Mental Health Lead or another member of staff, or email [Wave6MertonMHST@swlstg.nhs.uk](mailto:Wave6MertonMHST@swlstg.nhs.uk)**