

Coffee morning on 11th October 2023 at 9am

Dear Killigrew School Carers and Parents,

If you would like to learn more about **Child Anxiety** and supporting children with **Behavioural Difficulties** please join us at Killigrew Primary school for our coffee morning event.

When: Wednesday 11th October

Time: 9am

Where: Dining Room in the infant building



*Improving Mental Health Outcomes for Children and Young People
in St Albans
NHS early intervention initiative*

WHO ARE WE? Child and Young Person Wellbeing Practitioners (CWP) and Education Mental Health Practitioners (EMHP), from the Mental Health Support Team St Albans, Hertfordshire Partnership University NHS Foundation Trust.

We are a team of practitioners assigned to St Albans schools to support children and young people (YP) at the earliest signs of mental health difficulties. Our aim is to improve mental health outcomes for children and YP. As part of a health promotion strategy we provide support to schools, students and their families. We deliver evidence-based support including workshops, group work and one to one low intensity interventions. Early intervention has been proven to reduce the likelihood of mental health difficulties emerging later in life.

Loraine Brown (currently based at Killigrew School on Wednesdays)
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