NHS
Central and
North West London
NHS Foundation Trust

HILLINGDON WELLBEING SUPPORT

*Hillingdon Mental Health Support Team are delivering **interventions** designed to help parents support children with **common childhood problems**.*

Sessions last for approx. **1 hour** in person or online. The interventions involve our team working directly with the parents.

CHALLENGING BEHAVIOUR FOR 5-11 YEARS | 7 SESSIONS

Aims to support parents teach children how to manage their emotions, set clear boundaries at home, understand difficult behaviour and to support children build resilience.

CHILD ANXIETY FOR 5-11 YEARS | 6 SESSIONS

What is anxiety? What is worry? Are they the same thing? This intervention supports parents who have children who may worry a lot, feel nervous, or are very shy. We learn techniques to build confidence, reduce worry, and understand how anxiety works.

FOR MORE DETAILS:

cnwl.adminhillingdonmhstcamhs@nhs.net

We operate weekdays between 9am-5pm.
For urgent our out of hours support please contact the Urgent Crisis Line on: 0800 023 4650

Compassion Respect Empowerment Partnership