

Mental Health Support Team



**You Talk,
We Listen**

Croydon Drop In

TALK TO US

**OFF
THE RECORD**

Meet the Team

- Team Leader – Barbara Allen
- Services Manager- Tim Richards
- Cluster Lead- Siobhan Lowe

About Us

Who Are We?

- The 6th and 12th Wave of MHST in the Croydon Borough
- Originally began as a 'Trailblazer' set up by the Government and NHS in 2017
- Wave 12-Focus on EBSA, Wave 6 on Post Covid Effects
- Collaboration with Off the Record & Croydon Drop In

What Do We Do?

- Individual and group-based support to children & adolescents, families and staff
- Work within schools to supply early interventions around emotional-wellbeing and offer mental health support
- Parenting Support
- Whole-school approach

Focal Areas



As the 12th Wave of the MHST Project our focal point is Emotional Based School Avoidance, this covers a range of areas such as:

- Trauma
- Anxiety
- Low Mood
- Loss of confidence
- Stress
- Struggles with identity
- Relationships
- Behavioural issues
- Transitions
- EBSA

EARLY WARNING SIGNS AND TAKING ACTION

Traffic Lights



Your child is expressing thoughts or acting in a way that puts them or others at immediate risk of harm.

ACTION: Contact emergency services or take your child to A&E straight away.

You have significant concerns that your child is struggling with their emotional or mental health.

ACTION: Book your child an appointment to see their GP.

You have some concerns that your child may be struggling with their emotional or mental health.

ACTION: Talk to your child and encourage them to open up using the FACE-**F**EAR model within the book.

CAMHS

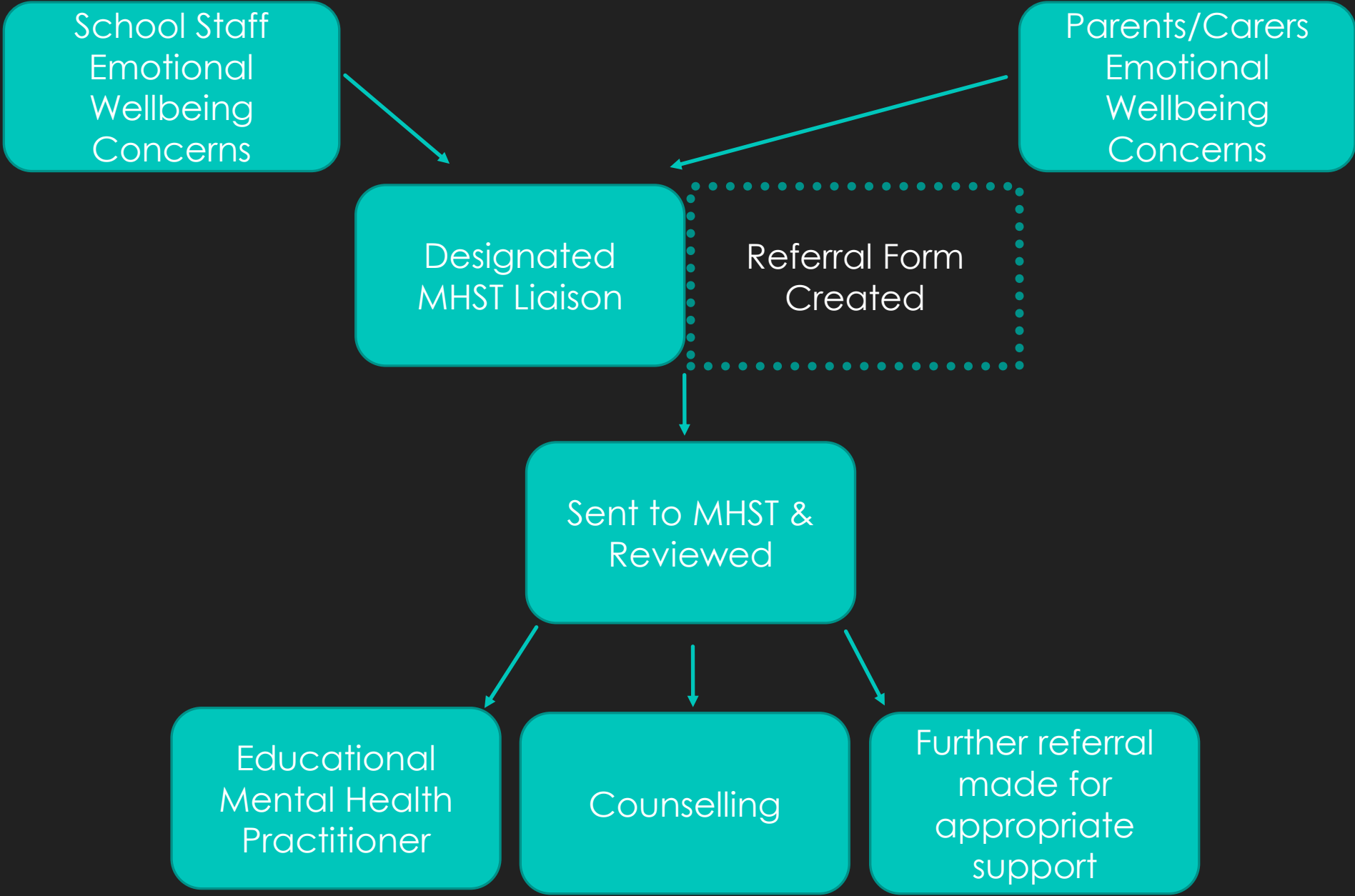
MHST

Education Mental Health Practitioners

- Universal interventions – educating the whole school community on emotional wellbeing
- Workshops: wellbeing, transitions, sleep, friendships
- Groups for children: emotion regulation (for Year 4 to Year 6)
- Groups for parents: child anxiety or challenging behaviour

Education Mental Health Practitioners

- Guided self-help with parents focusing on challenging behaviour (5 to 8 years) and anxiety for all ages
- Anxiety - transition, avoidance, separation, friendships
- Behaviour – general, location specific, hyperactivity
- Emotional Based School Avoidance
- Low Mood

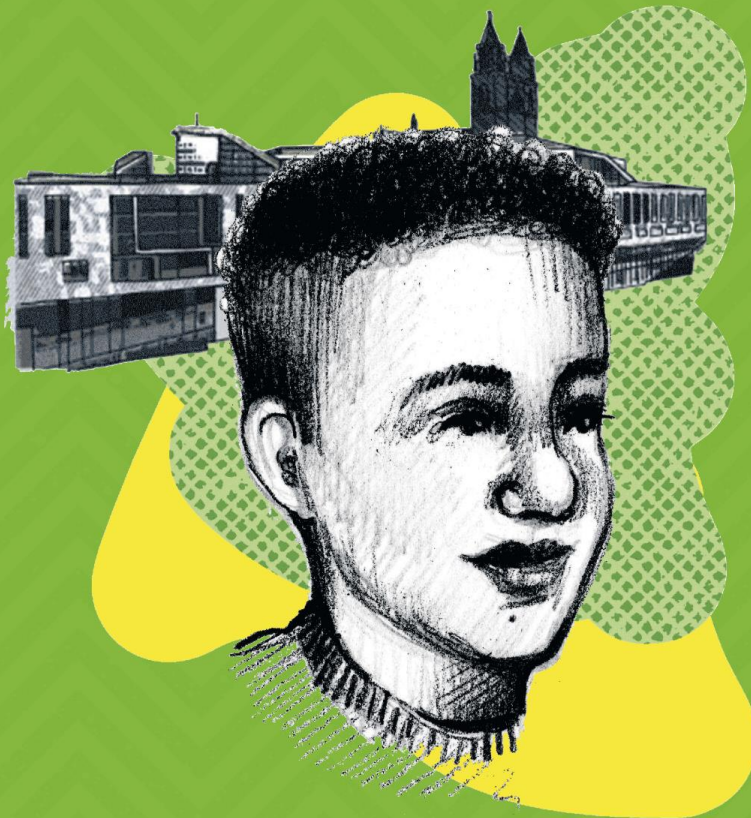


What if my school is not part of MHST?



[Young People](#) [Parents/Carers](#) [Professionals](#) [About CDI](#) [News & Resources](#) [FAQs](#) [Contact](#)

English



Are you...
a young person needing help?
a parent seeking support?
a professional looking for resources?

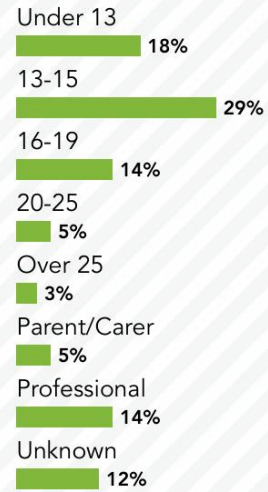
Ways that we can help

Total reach

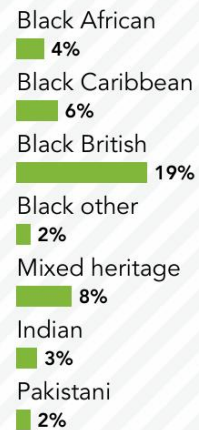
Total individuals accessing CDI services

5,432

Age:



Ethnicity:



Main presenting concerns:

- 1 Anxiety
- 2 Depression/low mood
- 3 Self-esteem
- 4 Anger
- 5 Family
- 6 Panic
- 7 Sleeping difficulty
- 8 School / college
- 9 Isolation
- 10 Friendships
- 11 Identity
- 12 Suicidal ideation



Croydon Drop In (Church Street)



Talkbus
Total sites: 41
(plus remote delivery via Talkbus helpline)



Outreach HQ (Ramsey Court)



Mental Health Support Team (MHST) schools
Total sites: 28



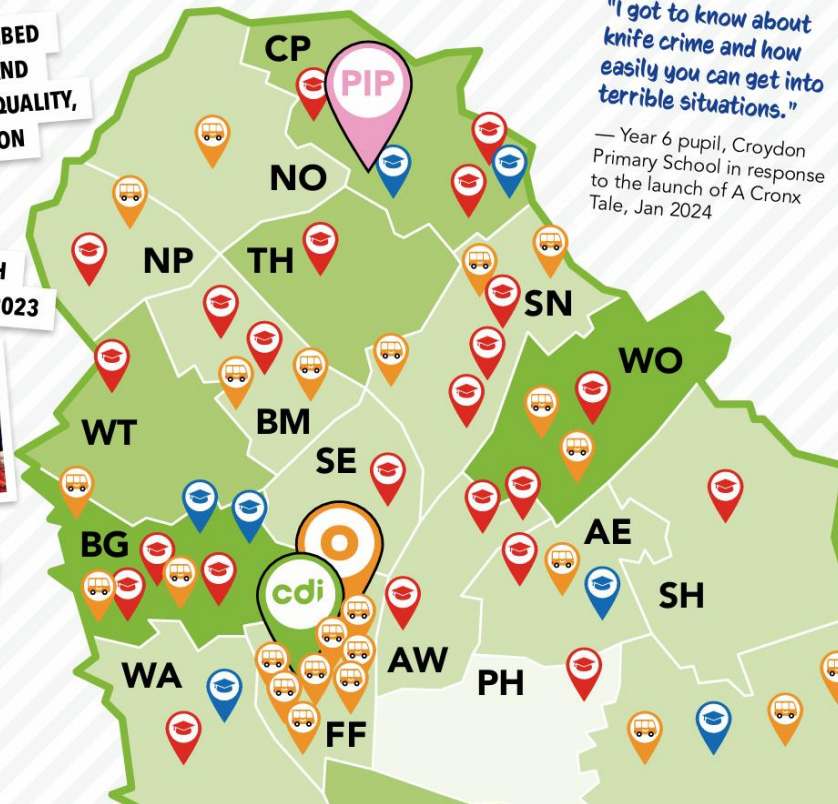
PIP House (All Saints Primary School)



Counselling schools and academies
Total sites: 9

CDI CONTINUES TO EMBED BETTER AWARENESS AND PRACTICE AROUND EQUALITY, DIVERSITY & INCLUSION

NEW TALKBUS LAUNCHED AT NORTH END IN SEPTEMBER 2023



"I got to know about knife crime and how easily you can get into terrible situations."

— Year 6 pupil, Croydon Primary School in response to the launch of A Cronx Tale, Jan 2024

ONLINE PARENT/CARER WEBINARS

Jointly run by Off The Record and Croydon Drop In

Join us online for the following free workshops. Sign up via Eventbrite by scanning the QR code below. Cameras and microphones can be turned off.



Supporting your Child who Struggles to get to School

Wed 26th Feb 1pm

Helping your Child's Behaviour (Primary age)

Wed 5th Mar 1pm

Helping your Child with Anxiety and Worries

Wed 12th Mar 1pm

Introduction to ADHD

Wed 19th Mar 1pm

Supporting your Young Person's Low-mood

Wed 26th Mar 1pm



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Croydon Counselling

X
EXIT SITE

At times life can be difficult and it can be hard to manage on your own. When this happens, you can feel lots of different things - sad, scared, hopeless or angry. Often we keep all our feelings and thoughts inside ourselves and this can make things worse. We think that it is okay to ask for help at a time like this and that with some support, you might be able to find your own answers.

Self-referral

Sign up here

[Sign up](#)

Any Questions?



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