

St Joseph's and Brent Mental Health Support Team

Coffee Mornings for Parents, Information Mornings, Workshops and Networking

Autumn Term 2023

St Joseph's has been working in collaboration with Brent's Mental Health Support Team (MHST) to provide parents with information and strategies through coffee morning meetings.

This initiative is proving to be particularly helpful for supporting parents with children who do not currently meet the threshold for intervention from CAMHS (Child and Adolescent Mental Health Services).

Parents have the opportunity to speak with trained professionals and to discuss scenarios that are concerning them in groups and on an individual basis.



Staff from Brent's MHST work in partnership with school professionals delivering ideas to support children with low-level mental health needs, anxiety and/or challenging behaviours.



Information is presented by the MHST professionals who work with the school to triage concerns and devise a support plan.

Parents are given a personalised tool kit or signposted to other agencies for more specialised support.

