

This is an update from Camden on support for parents or staff

Below are some key resources that parents or staff can access if they are struggling and need some support:

- **Every Mind Matters:** There is advice and signposting on [this page](#) to help parents or staff to support their own mental health and wellbeing. There are also resources on [this page](#) for parents to help them to provide support to their children and young people in their life
- **Good Thinking:** online support for parents or staff can be found [here](#). There is advice and signposting (lots of free resources) for anxiety, low mood, stress, problems with sleeping etc
- **Specific support for BAME children and parents:** Barnardo's has a helpline which is for Black, Asian and Minority Ethnic young people and families. You can find more information on this [here](#)
- **Local mental health support** for residents, families and children / young people – visit the Camden website [here](#).
- **The Tavistock** have set up support for families during this difficult time. The link is below and families can self-refer if they want some help if they have a Camden GP.

<https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden-camhs-open-minded/>

- The Mental Health Support Team (MHST) is an early intervention service that aims to support children, families and schools across the borough of Camden. We are pleased to be able to offer an online Webinar series for all parents and carers of primary school children in Camden.

The series will include online workshops via Zoom.

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| Routines | Thursday 4 th Feb 2021 | 12-1 pm 1-1.20 pm -Q&A |
| Parent/Carer and Child interactions | Thursday 11 th Feb 2021 | 12-1 pm 1-1.20 pm -Q&A |
| Introduction to the Mental Health Support Team: Why Early Intervention Matters | Wednesday 24 th Feb 2021 | 5-6 pm |

To find out more information and to register for any of the free workshops, please go to the 'Eventbrite' webpage <https://www.eventbrite.co.uk/e/parentcarer-webinar-series-tickets-135509262853> .