Our Ref: GMHST

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| **Children and Young People’s Directorate**  **Greenwich CAMHS**  Highpoint House  Shooters Hill  London  SE18 3RZ |
| Tel: 020 3260 5211  Fax: 020 8331 4172 |
| [www.oxleas.nhs.uk](http://www.oxleas.nhs.uk)  [www.headscapegreenwich.co.uk](http://www.headscapegreenwich.co.uk) |

10th July 2023

**Private & Confidential**

Dear Parents,

We are a service working with your school to support the emotional wellbeing and mental health of your children. Some of you may have already been in touch or heard of us through your school’s Head of year/ teacher/inclusion lead/SENco or counsellor.

We will continue to offer our service throughout the summer holidays and wanted to encourage all parents to get in touch with us if you have any concerns regarding your child’s emotional wellbeing and mental health at this difficult time. Interventions will be offered face to face at High point house at Shooters Hill or virtually via MS Teams whichever works best for the young person.

We offer 6-8 sessions of CBT (Cognitive Behavioural Therapy) based support for child/ young person. We offer Adolescent anxiety intervention and/or Low mood intervention.

If you have noticed that your child seems more worried than usual, reluctant to engage in their everyday activities, having difficulties with their behaviour or noticed a change in their sleep/eating habits which could be related to emotions and mood, then we may be able to help.

To speak to one of our team about how we might be able to support you, please email the address below:

[***oxl-tr.gmhst@nhs.net***](mailto:oxl-tr.gmhst@nhs.net)With the following information:

**Name:**

**Date of Birth:**

**School:**

**Contact Number:**

**Current Difficulties:**

A member of our team will then contact you over the phone to think about what kind of support you and your child would benefit from and set up a meeting with one of our Education Mental Health Practitioners if this feels right for you.

Yours sincerely,

Mental Health in Schools Team

Greenwich CAMHS

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