



## **Introducing Greenwich Mental Health in Schools Team (GMHST)**

### **Oxleas NHS Foundation Trust**

We can offer 1:1 support for parents/carers of children who are experiencing mild-moderate symptoms of:

- **Anxiety/fears and worries**
- **Behaviour which can be challenging to manage**

We offer a Cognitive Behavioural Therapy (CBT) based, low intensity approach to support parents.

The support is offered to parents as opposed to your child, as we know parents have the most consistent influence, which therefore leads to better outcomes for your child.

We offer 6-8 sessions of 1:1 support with parents/carers. Sessions can take place at School or High Point House, SE18 3RG. Sessions will usually be 1 hour long and take place weekly.

**Parents can refer by emailing the following information to Greenwich  
MHST:**

**[oxl-tr.gmhst@nhs.net](mailto:oxl-tr.gmhst@nhs.net)**

Tel: 0208 319 7016

**Name of child, D.O.B and School  
Contact name and number for parent/carer  
Summary of current difficulties**

**Once we have reviewed the referral information, we will get back to  
you with a response.**