



TAMWORTH MENTAL HEALTH SUPPORT TEAM

POPPY WALTERS

Children's Wellbeing Practitioner



My role is to support children and young people in a variety of ways. For example: We offer 1:1 low intensity interventions for mild to moderate mental health difficulties such as low mood, anxiety, sleep difficulties, worry or panic. We offer parent workshops and whole school assemblies and workshops. As well as training for staff.

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I plan to be in your child's school on Tuesday mornings (term time).

Please look out for more information on parent workshops.

If you believe your child would benefit from support from the Mental Health Support Team please speak to the schools Mental Health Lead or your child's Class Teacher about your concerns, to see whether a referral to ourselves would be appropriate.

Contact: D.Thoroughgood (Home School Link Worker).