



EBSA Thrive Support Pathway Parent/Carer Support

Multiagency response to children anxious to return to school (emotionally based school avoidance; EBSA)

The EBSA Thrive Support Pathway has been developed to help support children, young people and families who experience, or are most at risk of, emotionally-based school avoidance. The pathway recognises the central importance of working closely with parents and carers in reducing children and young people's anxiety and increasing their attendance/return to education. Support options available for parents and carers are listed below.

Online resources

There is lots of information and helpful resources online, which can support your understanding of anxiety and knowledge of what support is available locally and nationally.

Salford Thrive Webpages and Directory provide a single place for all local Emotional Health and Wellbeing related services. Click on the following links to find out more:

- [Resources](#)
- [Emotional Health and Wellbeing Directory](#)
- [EBSA Thrive Support Pathway](#)

Greater Manchester Best Practice Hub and Anxiety Self Help Resources

A collection of resources dedicated to Mental Health and Covid-19 specifically. Information and resources are free to download. [BEST-PRACTICE HUB – GMHSC](#) There are links to resources around worry and panic too: [Anxiety Self-Help Resources - Information Sheets, Worksheets & Workbooks \(health.wa.gov.au\)](#)

Mind are a national charity who provide advice and support to empower anyone experiencing a mental health problem

[Mind | Mind, the mental health charity - help for mental health problems](#)

Kooth provides a Free, safe and anonymous online support for young people 7 days a week

<https://www.kooth.com>

MindShift is a free app designed to help teens and young adults cope with anxiety

<https://www.anxietybc.com/resources/mindshift-app>

Parent EBSA Drop-in Support Group (Tuesdays during term time, 11am-12pm)

An opportunity to meet other parents and families impacted by EBSA. These virtual sessions will be run as a coffee morning hosted by the Head Teacher at The Canterbury Centre, Julie Owen, who has lots of knowledge and experience of working with families around anxiety-based school avoidance. The first drop in is on 23rd February 2021 and will run weekly during term time. Please email Julie.Owen@salford.gov.uk for the Zoom link to join.

Early Help Hubs and Family Partnership Model

Early Help Practitioners are based at your local hub and are there to support families. They use the evidence-based Salford Family Partnership Model to help you achieve positive outcomes. Early Help offer advice on child health, managing behaviour, sleep issues, feeding and more. Locality teams bring together a range of agencies through joined-up working processes including Early Help Assessment and Team Around the Family (TAF). They work closely with other services and additional support can be offered with issues such as housing, finances, relationships and wellbeing. Further information can be found here: <https://www.salford.gov.uk/children-and-families/early-help-for-families/family-hubs-childrens-centres/>

Salford Information, Advice and Support Service (SIASS) – Online webinars for parents

SIASS are hosting a series of virtual webinars for parents of children with additional needs, including topics such as Anxiety and EBSA. These are free to attend and take place on Zoom. Please contact SIASS to register your interest and enquire about upcoming dates: Call 0161 778 0343/0349 or email siass@salford.gov.uk

Understanding your Child's Anxiety – Virtual workshop for parents

Learn more about anxiety and helpful support strategies for your child. A two-part interactive workshop for parents, led by Salford CAMHS (Child and Adolescent Mental Health Service)'s School Lead and an Educational Psychologist. These sessions take place virtually and will be advertised through your child's school.

Salford Parent Assembly

Salford Parent Assembly is an open forum for parents and carers of children and young people, aged 0-25, who have special educational needs and/or disabilities (SEND) who live in Salford. The group was established in 2021 by Salford Council and the purpose of the group is to capture the voice and lived experiences of parents and carers of children and young people with SEND, to help elevate their voice. The aims of the group are to promote the wellbeing of all children, young people, parents and carers and ensure their voices are listened to and incorporated into decision-making. The next meeting is on **Tuesday 2nd March** at 6pm via Zoom. For more information or if you wish to attend the next meeting *please contact Steven Booth (SIASS Manager) at SIASS@salford.gov.uk*

Looking after your own wellbeing

If you are struggling with your own mental health such as anxiety or low mood, please seek support from your GP. Self-referrals can also be made to talking therapy/counselling without the GP via www.selfhelpservices.co.uk

There is also support for a wide range of health and wellbeing needs through Salford's Health Improvement Team. If you'd like further information or help, fill in the [online referral form](#) or call free on 0800 952 1000.

[Salford Health Improvement - Home | Facebook](#)