

## Training for Professionals

Our training is provided for free to any professional working with children and/or families in Islington. We offer training to groups of professionals at a time and location that is convenient for them.

### Popular training topics:

- What is *Growing Together*?
- Child and Adult Mental Health Services
- Talking about Mental Health
- Introduction to Adult Mental Health
- Parental OCD
- Adult and Child Attachment Difficulties
- Engagement

### Referral inclusion criteria

- The parent has consented to being referred to our service
- The parent has mental health needs/ is experiencing psychological distress **and** the child has needs
- The child is aged between one and five years
- They live in Islington or have an Islington GP

## Referrals

If you would like to make a referral or discuss a family please contact us.

Telephone: [0203 316 1824](tel:02033161824)

Email: [growingtogether@nhs.net](mailto:growingtogether@nhs.net)

Alternatively, the family can self-refer by calling iCope on [0303 123 1000](tel:03031231000).

Interpreters are available on request.

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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**Growing Together**  
Support for Parents  
and Young Children



**A guide to  
the service**

## Introduction

Growing Together is part of both child and adult mental health services in Islington. We work with families who have a child/ren between one and five years of age.

Young children have lots of things to learn, such as how to manage their emotions and behaviour, and how relationships work. As a parent it can be hard to support your child's development if you are also struggling with your own problems. If you are feeling low, worried, stressed or lonely, it may be harder to enjoy being a parent. Talking to a therapist from the Growing Together team could help.



## Growing Together Support

### Adult Psychological Therapies

Evidence based support for parents experiencing emotional stress or distress e.g. anxiety or low mood.

### Parent-Infant / Child Psychotherapy

Support for parents and children together, aiming to improve the parent-child relationship and promote attachment.

### Family Therapy

Working with individuals, families and couples to explore and promote better relationships, understandings and communication.

### Child Behaviour and Parenting Advice

Working with families to understand child behaviour and develop positive strategies to approach common problems in early childhood e.g. sleep, eating and behaviour.

*We also offer consultations to professionals.*

## Groups

### Mellow Parenting

A 14-week course to help parents manage the emotional challenges of parenting and children.

### Mind Skills

A six-week course to learn CBT skills to manage depression or anxiety tailored for parents.

### Workshops (two hours each)

#### Stress Less

To help to reduce stress in parents.

#### Mindfulness

To help parents to focus their attention on the present moment while parenting.

#### Calmer Nights

To explore ways to improve both parents' and children's sleep.

