



Herts & West Essex
Mental Health Support Teams

12.06.2026 NEURODIVERSITY

Understanding my Child's Neurodiversity

The Mental Health Support Team (MHST) in Three Rivers are running a parent workshop, followed by an opportunity to ask questions or have an informal chat with the school's practitioner, focused on understanding neurodiversity. This session aims to increase awareness of neurodiversity (including autism and ADHD) and to share practical strategies to support children's emotional wellbeing, learning, and behaviour at home and in school. All parents are welcome. We look forward to seeing you there!

MHST work within partner educational settings to provide early help and preventative support for the mental health and well-being needs of children and young people aged 5-18 years.

How can I access support?

If you wish to access support, please speak to your school or college's Designated Mental Health Lead (DMHL) or another trusted staff member. The DMHL can then make a referral to our service or signpost you to appropriate support.

**Location: St Peters
C of E Primary
School**

**Time: 8:30am (after
drop off)**



Hertfordshire Partnership
University NHS Foundation Trust

Our  values
Welcoming Kind Positive Respectful Professional



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