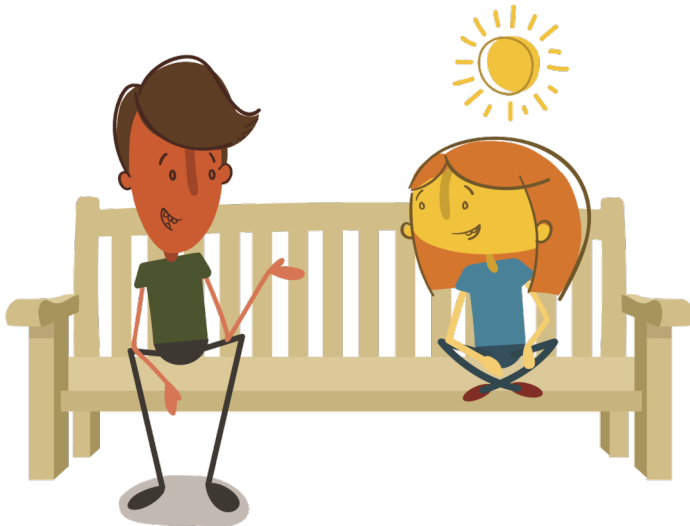


Mental Health Support Team

An information pack for children



What is mental health?

Mental health is about our feelings, how we think, our emotions and moods. We can't see our mental health but it can change the way we behave. Our mental health goes up and down and can change because of what is going in our lives and how well we are coping at the time. Keeping our brains healthy is just as important as keeping our bodies healthy.

Who are the MHST and what will we be doing in your school?

The Mental Health Support Team (MHST) help children from the age of 5 to 19. It is natural to have difficult thoughts and feelings at times. The MHST can help with these feelings if they are lasting longer than usual.

Our team will be working with children and young people, parents/carers, school staff, and other professionals.

You may see us in your school delivering assemblies, workshops, 1:1 sessions, groups, and drop-in.

By doing this, we hope to create a positive attitude towards mental health within your school environment. We hope to see you around school and get to know you better.

What might an MHST session look like?



In our first session, we will focus on getting to know each other and make a plan of what we will do next to help you.

The MHST can support you with many difficulties like feeling low, your worries, confidence, and keeping your brain healthy.

How can you contact us?



If you feel you need support for difficult thoughts and feelings, speak to an adult that you trust. This might be your parent/ carer or a member of school staff.

Parents/carers: If you feel your child needs some support for their mental health, you can call the Here4You helpline: 01522 309120. If you would like more information about MHST, please request the parent information letter from your school.

“I feel like I was listened to and I wasn’t judged for anything”

“I feel like a different person”

“I get out of bed in the morning now with so much energy”

“The tools have been really good”

“I always feel really positive about our sessions”

“It has been really helpful to talk to someone who understands”

If you would like this leaflet in another language or format, such as Braille, large print or audio, please contact:

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Every effort has been made to ensure that the information in this leaflet was correct at the time of print. However, changes in law may mean that in time some details in this leaflet may be out of date.

Anyone using our services will be treated with dignity at all times and their faith and cultural needs will be accommodated where practically possible.

The Trust is fully compliant with the Data Protection and Confidentiality: NHS Code of Practice requirements

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