

July 2020

Who are we?

We are a team of 12 Wellbeing Practitioners partnered with 24 schools in the borough of Ealing. Ealing MHST is a new service designed to support the wellbeing of children and young people in education settings as well as the education settings themselves. We provide a whole school approach to delivering mental health support **at the first signs of difficulty** in order to prevent future problems and promote overall emotional and mental wellbeing.

What do we offer?

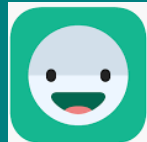
We offer **1:1 tailored support programmes** for young people in secondary schools and parents/carers of primary school children.

We also organise **workshops** and **groups** throughout the year to promote mental wellbeing and provide strategies for emerging difficulties.

Top 4 wellbeing apps!



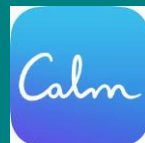
Catch It



Daylio



HeadSpace



Calm

Self-care

Looking after yourself is not selfish – **your health and well-being is important** so that you can care for yourself and others.

Take a moment to think of an **activity that supports your emotional and/or physical wellbeing** and think of how you might be able to fit it into your week. Examples could include walking in a green space, calling a friend or making something with your hands.

Who do we help?

We support young people and parents of children who feel **anxious** – e.g. feeling stressed about school/exams, having worries in social situations or having specific fears/phobias. We also work with young people experiencing **low mood** – e.g. feeling sad or tearful, low motivation or sleep difficulties.

Finally, we support parents with children's **behavioural difficulties** – e.g. difficulties following routine, emotional and physical outbursts.



We are hoping to provide an outreach service across Ealing Schools in the future and further support young people and families. We'll be in touch with additional information as soon as possible. If you are experiencing difficulties you might find the organisations below helpful.

Need help now?

The Mix - www.themix.org.uk: Free information and support for under 25s in the UK. **Call**: 0808 8080 4994 or **chat** to a trained supporter online (4pm-11pm, every day)

Samaritans - www.samaritans.org: A 24-hour service offering confidential emotional support to anyone who is in crisis. **Call**: 116 123 (24 hours a day, every day) or **Email**: jo@samaritans.org

Childline - <https://www.childline.org.uk/>: Childline is here to help anyone under 19 in the UK with any issue they're going through. **Call**: 0800 1111 (available 9am – midnight, every day) or **Chat** online to a counsellor (available 9am – midnight, every day)

Young Minds - www.youngminds.org.uk: Information for young people about emotions and mental health. **Text**: 85258 (24 hours a day, every day)