

September 2023



Who are we?

We are a team of **wellbeing practitioners** partnered with Primary and Secondary Schools across the borough of Ealing. Our service designed to support the wellbeing of children and young people in schools as well as school staff themselves. We provide a whole school approach to delivering mental health support **at the first signs of difficulty** to prevent future problems and promote overall emotional and mental wellbeing.

What do we do?

We offer one-to-one **tailored support programmes** in primary and secondary schools.

We also organise **workshops and groups** throughout the year on various topics.

Who can we support?

In **Primary schools**, we work with parents and support children who feel **anxious** (e.g. specific phobias, excessive worrying, separation anxiety, avoidance of places/situations) or present with **behaviours that challenge** (e.g. emotional/physical outbursts, difficulties with siblings/relationships/following routines/instructions)

In **Secondary Schools**, we support young people who sometimes feel **anxious** (e.g. experience stress about school or exams, worries about social situations, specific fears or phobias) and young people experiencing **low mood** (e.g. feeling sad or tearful, not wanting to do activities you usually enjoy, low motivation or sleep difficulties).

We also support children and young people with learning disabilities and/or autism, their families and school staff.



Are you feeling...

Demotivated?

Stressed? Anxious? Sad?

Worried about
taking part in
activities or
lessons?

Irritable?
Scared in certain
places or situations?

Tired or lack of
energy?

Panic?



Dates to remember

- World mental health day – **10th October 2023**
- Children's mental health week – **5th-11th February 2024**
- Eating disorder awareness week – **28th February – 5th March 2024**
- Self-injury awareness day – **1st March 2024**
- Neurodiversity celebration week – **13th-19th March 2024**
- World autism acceptance week – **27th March – 2nd April 2024**
- World autism awareness day – **2nd April 2024**
- Mental health awareness week – **13th – 20th May 2024**
- Samaritans awareness day – **24th July 2024**

Think this might be for you?

If you are interested, please contact your school who will talk to you about making a referral to our team.

What do you say about us

“Thank you for your time you gave
me, I feel so much better now.”

“I just wanted to say thank you,
you really helped me and I really
appreciate all your effort and
thank you for teaching me
methods to help.”

Give this a try!



Searching for the evidence...

Step 1. Can you identify a worry or fear that is
bothering you?

Step 2. Have a think...where is the evidence that
this worry or fear will come true?

Step 3. It is very likely that this worry won't come
true, but even if it does, remember that you can
get support and manage it!

Helpful Apps



Want support 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

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



Back to School

Going back to School can be a difficult time for
many young people. Maybe you are worried about
having a new teacher, feeling motivated or
homework. It's good to remember that these
feelings are common and a lot of young people feel
the same as you.

Helpful tips!

- Have you planned your week?
- Have you got all the things you need?
- Do you have any goals for the year?
- Who can help you with this?

Workshops for parents

12th September, 4pm, Transition Back to School
20th October, 4pm, Exam Stress
17th November, 4pm, Student Anxiety
1st December, 4pm, Student Low Mood

29th September, 4pm, Introduction to Autism
27th October, 1pm, Understanding Behaviour in Children
with Additional Needs

24th November, 1.30pm, Introduction to Autism
19th December, 11am, Understanding Behaviour in
Children with Additional Needs

Want to know more? Please email:

Ealing.mhst@nhs.net

Or contact your school.