

Ealing Mental Health Support Team

April 2025

Your termly newsletter about our team!

Are you feeling...

Demotivated? Anxious?
Stressed? Worried? Sad?
Irritable? Low? Panic?
Tired or lack of energy?



Who are we?

We are the Ealing Mental Health Support Team (MHST). Our Wellbeing Practitioners support the wellbeing of children and young people in education settings (Primary and Secondary) across the Ealing borough.

Dates to remember:

April: Stress Awareness Month

Monday 12th - Sunday 18th May:
Mental Health Awareness Week

You asked, so we did!

We Heard You, Parents!

As technology use becomes more popular, you've asked us to help you understand how to use technology safely, and how to support mental health whilst using technology.

We're excited to introduce our new workshops these will focus on use of technology, and supporting healthy self-esteem whilst using technology. Don't miss out—sign up today.

Who can we support?

In Primary schools, we offer 1:1 support to parent's whose children feel:

anxious

- specific phobias
- excessive worrying
- separation anxiety
- avoiding places/situations

or have behaviours that challenge

- emotional/physical outbursts
- difficulties with siblings/relationships
- difficulties following routines/instructions

In Secondary Schools, we support young people who sometimes feel:

anxious

- stress about school/exams
- worries about social situations
- specific fears or phobias

low mood

- feeling sad or tearful
- not wanting to do activities they 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.

Technology

The National Institute for Health and Care Excellence (NICE 2015) suggests that children should have screen free days, or have a two hour limit on the time spent in front of screens.

It is important to consider the content and context of screen time. A limited amount of good quality child-friendly screen time can be educational but it's important to ensure the content is appropriate for your child's age.

Top Tip

If a task seems overwhelming, try the following steps to break it down & problem solve!

1. Write down the problem
2. What are your options? how could you solve it?
3. What are the pros and cons of each idea?
4. Pick one idea
5. Make a plan! what will you do? when will you do it? do you need help?
6. DO IT!



Upcoming Workshops

April

- Wed 9th: Understanding low mood 11:00am
- Wed 23rd: Supporting Friendships in Primary Aged Children 11:00am
- Mon 28th: Exam Stress 11:30am

May

- Fri 2nd: Common behaviour problems 12:00pm
- Tues 6th: Understanding anxiety 12:00pm
- Wed 14th: Social media & self-esteem 10:30am
- Fri 16th: Introduction to ASC and adolescence 13:00pm
- 27th Tues Supporting SEND behaviour 11:00am
- Fri 30th: Supporting appropriate technology use in primary age children

June

- Mon 2nd: Introduction to Autism (Childhood) 12:00pm
- Tues 10th: Technology (secondary) 11:30am
- Tues 24th: Understanding Male Mental Health 12:00pm
- Thurs 26th: Transitions 12:00pm

July

- Fri 4th: Transitions 12:30pm
- Mon 7th: Supporting behaviour in children with additional needs 11:30am
- Mon 14th: Understanding anxiety 13:00pm

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.

<https://forms.gle/7oTGPYPktJgCg4Dj7>

