

Promoting hope
and wellbeing
together

Ealing Mental Health Support Team

March 2023



West London
NHS Trust

Who are we?



The Ealing MHST is a service designed to **support the wellbeing of children and young people in education settings** as well as the education settings themselves. We are an early intervention service 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?

1 to 1 interventions



Mental
Health
Groups &
Workshops

- Young People
- Parents
- School Staff



Our team

The Ealing Mental Health Support Team is one of the main providers of emotional wellbeing and mental health services to Ealing schools.

The Ealing MHST consists of trainee and qualified Emotional Wellbeing Practitioners, Art Therapists, Learning Disability and Autism Practitioners, Assistant Educational Psychologists and their supervisors and managers.

We are currently partnered with **70% of Primary and Secondary schools across the borough of Ealing**. We also offer all children and families in Ealing **online mental health workshops**.

A Closer Look at what we offer

The MHST offers brief, focused, evidence-based interventions.

These include; up to **eight 1:1 sessions** of **guided self-help** for young people from secondary schools who have difficulties with **anxiety** or **low mood**. We also work with parents/carers of primary school children who have **behaviours that challenge** and **anxiety**.

We also organise **workshops** and **groups**, designed for young people, parents and/or school staff, to promote mental wellbeing and provide strategies for emerging mental health difficulties as part of our **Whole School Approach**.

Feedback

“Working with the MHST, has been one of the highest impact interventions we have had in school this year.”

“I found the Improving your Child’s Behaviour group really useful. On Friday, my child hugged me for the first time in a very long time.”



Think this might be for you?

If you are interested, please go through your school or email Ealing.mhst@nhs.net

Keeping Connected

Keeping **connected and making meaningful connections** is important for our wellbeing. Healthy connections with **family, friends and others** can **support our mental health and wellbeing**. At times when **our social connections are not met**, we may start to feel lonely and isolated – which can, in turn, have an **adverse effect** on our mental health.

There are many ways to **increase meaningful connections** for young people. Adults can encourage them to; **join a club, go out with friends, speak with a family member, try a youth club, say yes to an invitation, speak to a trusted adult at school.**

Search '**Ealing Council Children and Family Activity Guide**' for great local ideas.

Self-Care Ideas

Young people need to look after themselves as well as their connections to others. Some things to suggest could be: painting, sewing, baking/cooking, bubble baths, podcasts, reading, quality time with family, connecting with friends, meditation, exercise, planning your following day, journalling, music.

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](mailto: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)



What's on offer?

27th March at 4pm - Friendship workshop

24th April – Autism & Learning Difficulties

May – Helping your child with anxiety

June – Transition to Secondary

July – Low mood (for secondary students)

Summer – Behaviours that Challenge (for parents/carers)

Want to know more? Please email:

Ealing.mhst@nhs.net



Helpful Tips

You can promote developing **hobbies** and finding others who are into similar things. This is a great way to **make new friends and keep in touch** with old ones.

Encourage young people to reflect on their **values**. That might be **kindness, community, adventure or the environment**. These can be things which connect you to others as well.

Highlight the importance of **healthy relationships** and the **qualities which define a positive one**. Check out our

upcoming friendship workshop