

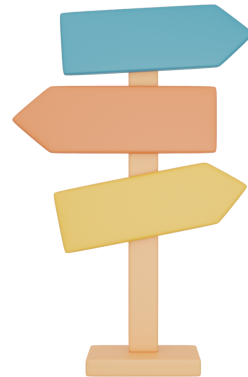
Working with school

We work closely with schools, to reduce stigma around mental health, and create a positive environment where students feel able to ask for help.



Resources and signposting

We want to make sure everyone gets the right help, even if it isn't with our team. We have lots of helpful resources that we can share, and we can help you to access any other services that we think could be helpful.



If you are worried about your wellbeing or mental health, speak to a member of staff at school, who can get in touch with us.

If you need to talk to somebody right now, these organisations can help:

Who are MHST?

Mental Health Matters

At the Mental Health Support Team (MHST), we work with schools and families to support young people's mental health and wellbeing.

Family life, friends, school, and many other things can leave us feeling stressed, sad, lonely, or worried. If you feel this way, you are not alone, and we can offer advice and support to help things get back on track.



1 What do we do?

Working with young people

For young people in secondary schools, we can offer appointments where we look at learning skills to manage worry and / or low mood, so that it feels more manageable.

We look at making changes to our thoughts or our behaviours, to have an impact on how we feel.

Working with parents / carers

For young people in primary schools, we work with parents and carers to support children in overcoming their worries.

Parents and carers are the experts when it comes to their child and will have a better understanding of how their own child might respond and what will encourage and motivate them to try different things.



2 How do I know I need support?

When we are feeling anxious and/or low in mood, we can get stuck in a cycle of negative or unhelpful thoughts, feelings and behaviours.

We work using a cognitive behavioural therapy (CBT) approach. CBT teaches skills to break the cycle and helps to change our thoughts and behaviours so that we start to feel better. Your appointments may also be supplemented with use of a digital platform.

We can help young people who are feeling overwhelmed with worry.



What to look out for:

- Specific phobias or fears
- Lots of 'what if' worries
- Expecting bad things to happen
- Physical symptoms of anxiety
- Avoiding feared situations

We can help young people who are feeling low.



What to look out for:

- Losing interest in hobbies
- Wanting to spend lots of time alone
- Feeling irritable or flat
- Difficulties with concentration
- Speaking negatively of yourself