

We are the Mental Health Support Team!



Find out about the service that helps children and young people with their emotional wellbeing and helps parents and carers support their children.



Mid and South Essex
Health and Care
Partnership

NELFT **NHS**
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MENTAL HEALTH SUPPORT TEAM



How to access help

Seeking help is good. From time to time, children, young people, and their families may need extra support with their mental health and emotional wellbeing. So, we're here to help. We can work with you on your own, or as part of a group. We provide support with specific areas. You can find out more about our service by talking to the Mental Health Lead at your school or college, or through our website.



How to deal with anxiety and stress

Supporting your child when they have anxiety or show challenging behaviour can be difficult. However, we can support you by providing the tools and techniques to build your skills and knowledge to help your child.



Remember,
it's ok to
not be
ok.

You're not alone

Everyone needs to be reassured that it's ok to not be ok sometimes. The MHST are specially-trained to help children, young people and their families with emotional wellbeing and their mental health. It's important for everyone to remember that they are not alone. Your feelings are real and valid. Getting the right support early can prevent problems from getting bigger so you and your child can enjoy school, time with friends and families and other activities.

Understanding the importance of managing big feelings

Feelings and emotions can be overwhelming at times. This can be common when coping with stressful events or changes, especially if they could have a big impact on your life. It is important to acknowledge these feelings, so you have a better understanding of how they impact you and your child.

Your worries are just feelings and in time they will pass!



We are the Mental Health Support Team (MHST), an NHS service who are based within your school. We're specially trained to provide 1:1 guided self-help for parents.

We help parents develop their skills and know how to support their children who have anxiety and show challenging behaviours. We also provide lots of other types of support, including weekly groups, one off workshops, as well as training for school staff. We work with everyone in the school community to promote a 'whole school approach' to emotional wellbeing and mental health.

If you are having feelings such as sadness, worry or upset, it is important to know that you will not always feel this way. You are not alone. You can reach out to the MHST for support. Big and small feelings, in time will pass.

To find out more about the service, scan the QR code to visit our website or talk to school staff.



www.nelft.nhs.uk/essex-mental-health-support-teams



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