# The Mental Health Support Team (MHST)

achieving for children

## Who are we

The Mental Health Support Team (MHST) is a group of friendly people who help children with their feelings. We work at your school, and there will be someone in your school who can tell us if you need some help. If you are ever feeling sad, worried, angry, or need someone to talk to, the MHST can help you.

## Who do we support?

We work with children of all ages who need help with tricky feelings. Sometimes you might feel sad, worried, angry, or not very good about yourself. Sometimes something might have happened that you want to talk about, like bullying or someone in your family being sick.

These feelings and experiences are common and can make it hard to enjoy things like your hobbies and playing with your friends, and can make it hard to focus at school. We are here to help you feel better and support you through these feelings.

We work with everyone at your school to make it a caring place where mental health is something everyone knows is important. We all work together to make sure everyone gets the support they need, and to help other people understand why children might need help with their feelings.

# How we can help

We offer different types of support

- **Small group activities** where you can connect with other children with similar feelings and learn skills together.
- **Classroom workshops** about things like exam stress and friendship problems.
- **School assemblies** to talk about feeling good and staying healthy.
- **One-on-one** support just for you.
- **Work with your parents or carers** so they can know how to help you with your feelings.

Our help usually lasts between four and eight sessions to make sure you get the support you need. We can also tell you and your family about other places that can help you, like youth clubs and other mental health groups.

# Topics we cover

How can I learn to cope with tough times?

**Wellbeing and strength**

How can I handle my emotions better?

**Managing feelings**

How can I feel more motivated?

**Dealing with feeling sad**

How do I manage moving to a new school, coping with exam stress and friendship difficulties?

**Dealing with common challenges**

How can I stop my worries from bothering me so much?

**Dealing with worries**

# How to connect to the MHST

**Step 1:**
Talk to an adult you trust at home or at school, like your parents, a teacher, or the school ELSA. They can help you ask the MHST for support.

**Step 2:**
After we get your request, we'll contact your parents or carers to set up a meeting to see if we can help.

**Step 3:**
We'll meet with you to talk about what's going well and what might be harder for you

**Step 4:**
We'll talk again to figure out the best way to help you, and then let you know what we've decided.

**Remember, everyone has tough days, but you are not alone.**

NEED HELP?

**Don't wait till things get too hard**