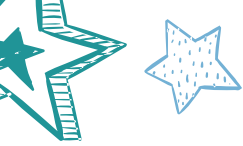




MENTAL HEALTH SUPPORT TEAM

Information for
children





The Mental Health Support Team (MHST) is a new service to support children in feeling good.

How can we help?

- We will talk to you and your parent or carer about what you are finding difficult
- We might work with you directly or with your parent to help you feel better
- We might put you or your parent in touch with other professionals who can support you

What can we help with?

1. Anxiety/Worry

Anxiety is a word we use to describe feelings of worry, fear and panic.

You might:

- feel your heart racing, breathe too fast, have sweaty hands, dry mouth or feel shaky.
- worry about bad things happening

It is normal to feel anxious when in a dangerous situation but it can become a problem if you feel worried all the time and it stops you enjoying your life.

The good news is that we have tools to support you and help you feel better.

2. Low mood

Children with low mood might:

- feel down, very sad or numb for a long period of time
- feel like this because they are going through a hard time at school or at home
- feel low without any obvious reason

You might:


- feel sad, stressed, hopeless, lonely, angry or empty
- feel bad about yourself, others or the world
- find it hard to look after yourself or concentrate at school

The good news is that we have tools to support you and help you feel better.

How can I get help? Your parent or teacher can ask for help from the MHST for you. They can find our referral form at www.brighterfuturesforchildren.org/MHST

If you have been referred to us we will contact you or your parents to discuss the difficulties you are experiencing and look at what you would like to change.

We offer: one-to-one or group support at your school; support over the telephone or online via Microsoft Teams.



The MHST operates 9am to 5pm Monday to Friday. If you need to speak to someone urgently about your mental health you could contact:

- Your GP
- Childline – www.childline.org.uk (phone: 0800 1111 or text 'shout' to 85258)
- Samaritans – www.samaritans.org (phone: 116123)
- CAMHS Urgent Care – (phone: 0300 365 1234)

In an emergency or if you feel unsafe call 999.

www.brighterfuturesforchildren.org

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