



MENTAL HEALTH SUPPORT TEAM

Information for young people

The Mental Health Support Team (MHST) is a new service to support young people in achieving good mental wellbeing.

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.

HOW CAN I GET HELP?

Talk to your teacher or parent about making a MHST referral for you or use our online referral form yourself. The form can be found 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.

WHAT CAN WE HELP WITH?

We work with young people directly or with schools to help improve resilience, problem-solve difficulties and develop coping strategies to support mental health.

1. Anxiety/Worry

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

As well as emotional feelings, you might:

- Experience physical (body) sensations such as a racing heart, breathing fast, sweaty hands, dry mouth and feeling shaky.
- Have “what if” or negative thoughts pop into your head.

It's normal to feel anxious when in a dangerous situation but it can become a problem if you feel worried all the time or if these feelings begin to get in the way of doing things you enjoy, this can be a sign that you may need some extra support.

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

MHST can offer:

- **Worry management** - strategies to help you relax in anxious situations
- **Graded exposure** - A plan towards facing your worries
- **Support with exam stress**

This might be in a group or 1:1.

2. Low mood

Feeling sad sometimes is normal, but when that sadness still won't go away after two weeks, we may need a little extra support.

It can:

- impact on the way we feel, think and behave
- happen as a reaction to difficult experiences such as bullying or family relationship difficulties
- sometimes happen without any obvious reason.

What it's like:

- we could feel a range of emotions including sadness, stress, hopelessness, loneliness, anger or emptiness
- we may often have negative thoughts about ourselves, other people, the future or life in general
- it can be hard to carry out usual routines and tasks including self-care.

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

MHST can offer:

- **Behavioural activation** - exploring the things that are important to you and carefully planning them into your day-to-day routines.

This is usually on a 1:1 basis.

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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Brighter Futures for Children

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