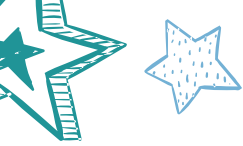




MENTAL HEALTH SUPPORT TEAM

Information for
children





The Mental Health Support Team (MHST) is a 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 from enjoying your life.

2. Low mood

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.

- For urgent mental health concerns, where no medical treatment is required, contact **NHS111**, available 24 hours a day, 7 days a week.
- **Go to A&E if a person requires urgent life-threatening emergency medical attention** eg. they have recently overdosed, ingested harmful liquids or cut themselves significantly, with deep cuts, or burns that are blistering/red or they have lost consciousness.

Or you could contact:

- **Samaritans** www.samaritans.org or phone: **116123**
- **Childline** www.childline.org.uk **0800 1111** or text 'shout' to **85258**



www.brighterfuturesforchildren.org

0118 937 3641

info@brighterfuturesforchildren.org



@BFfCChild



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@readingyoungpeople

Brighter Futures for Children Ltd, Civic Offices, Bridge Street, Reading RG1 2LU

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