

# We are the Mental Health Support Team!

## It's good to talk!

Talking to us can help stop difficulties from spiralling so you can enjoy school, time at home and time with friends and family.



## Dealing with anxiety and low mood

Overcoming anxiety and low mood can be hard. But taking time to stop and learn how to manage anxious feelings, challenge unhelpful thinking and improve your mood can enhance your emotional wellbeing.

## You are not alone

**It's ok to not be ok.** The MHST are specially-trained to help you with your emotional wellbeing. It is helpful to share your worries with someone you trust so you can work through your difficulties together.

## Accepting that challenges are a part of life

Most people experience emotional difficulties at some point so it's important for you to acknowledge when this is happening and talk about it. This can help you understand how it affects your life.

**Remember, these feelings will pass.**



The Mental Health Support Team are here to provide support to all children, young people and their families with emotional wellbeing in schools and colleges. **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](http://www.nelft.nhs.uk/essex-mental-health-support-teams)**



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