

We are the Mental Health Support Team!



**Find out about the service that helps
children and young people with their
emotional wellbeing**



Mid and South Essex
Health and Care
Partnership

NELFT **NHS**
NHS Foundation Trust



MENTAL HEALTH SUPPORT TEAM

It's good to talk!

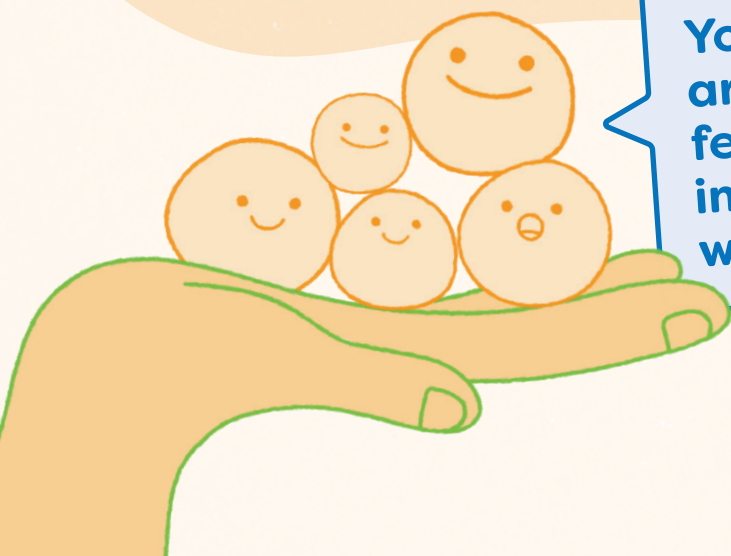
From time to time, young people and their families may need extra support with their emotional wellbeing and mental health. **So, we're here to help.** Talking to us can stop your difficulties and problems from spiralling so you can enjoy school, time at home and time with friends and family.



Dealing with anxiety and low mood

Overcoming stress and low mood can be hard.

However, taking time to learn how to manage these feelings, challenge unhelpful thinking and improve your low mood can calm you down and improve your emotional wellbeing. This is something we can support you with. We can provide a safe space to work with you, in our groups and individually.



Your worries are just feelings and in time they will pass!

You are not alone

It's okay not to be okay. The MHST are specially-trained to help you with your emotional wellbeing and mental health challenges. It is important to remember that you are not alone and sharing your difficulties with someone you trust can help you work through them together.



Accepting that challenges are a part of life

Most people experience emotional difficulties at some point in their lives. These feelings are particularly common when coping with stressful events or changes, especially if they could have a big impact on your life. It is important for you to acknowledge when these difficulties are happening and talk about them as this can help you understand how they affect your life.

Remember, these feelings will pass.

**Remember,
it's ok to not
be ok.**



The Mental Health Support Team are here to provide support to all children, young people, their families and school staff with emotional wellbeing in schools and colleges.

We also work together with everyone in the school community to promote a 'whole school approach' to emotional wellbeing and mental health.



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



Mid and South Essex
Health and Care
Partnership

NELFT **NHS**
NHS Foundation Trust



MENTAL HEALTH SUPPORT TEAM