

Ealing Mental Health

Support Team

February 2021

Who are we?

We are currently
working *remotely*

We are a team of 16 Wellbeing Practitioners partnered with 24 schools in the borough of Ealing. Ealing MHST is a new service designed to support the wellbeing of children and young people in education settings as well as the education settings themselves. We provide a whole school approach to delivering mental health support **at the first signs** of difficulty in order to prevent future problems and promote overall emotional and mental wellbeing.

What do we offer?

We offer **1:1 tailored support programmes** for young people in secondary schools and parents/carers of primary school children.

We also organise **workshops** and **groups** throughout the year to promote mental wellbeing and provide strategies for emerging difficulties.

1:1 tailored support programmes

We support parents of children who sometimes feel **anxious** – e.g. stress about school, worries in social situations and friendships, specific fears (e.g. of the dark) or are experiencing **behavioural difficulties** – e.g. difficulties following routine, emotional and physical outbursts, difficulties with relationships.



We are hoping to provide an outreach service across Ealing Schools in the future and further support young people and families. We'll be in touch with additional information as soon as possible. If you are experiencing difficulties, you might find the organisations below helpful.



Term 1

- Our wonderful 4 new trainees have now started!
- We delivered the Cathy Creswell Child Anxiety Intervention to 3 groups of parents

- We met with the Ealing Parent Carer Forum to discuss our service offer
- We continued to provide 1:1 interventions to parents and adolescents in our partner schools

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Need help now?

The Mix - www.themix.org.uk: Free information and support for under 25s in the UK. **Call**: 0808 8080 4994 or **chat** to a trained supporter online (4pm-11pm, every day)

Samaritans - www.samaritans.org: A 24-hour service offering confidential emotional support to anyone who is in crisis. **Call**: 116 123 (24 hours a day, every day) or **Email**: jo@samaritans.org

Childline - <https://www.childline.org.uk/>: Childline is here to help anyone under 19 in the UK with any issue they're going through. **Call**: 0800 1111 (available 9am – midnight, every day) or **Chat** online to a counsellor (available 9am – midnight, every day)

Young Minds - www.youngminds.org.uk: Information for young people about emotions and mental health. **Text**: 85258 (24 hours a day, every day)