

# Ealing Mental Health Support Team

September  
2024

Your termly newsletter!  
**Back to school!**

## Is your child feeling...



Demotivated? Anxious?  
Stressed? Worried? Sad?  
Irritable? Low? Panic? Tired or  
lacking energy?



## We can help you and your child

Ealing Mental Health Support Team (MHST) supports the wellbeing of children and young people in Ealing schools.

In Primary schools, we offer 1:1 support to parent's whose children feel:

- Worried and present with behaviours that challenge



In Secondary Schools, we offer 1:1 support to young people who sometimes feel:

- Anxious or low in mood



We also support children and young people with learning disabilities and/or autism, their families and school staff.

If you have any questions about the above, please speak with your schools Mental Health Link Worker.

## Dates to remember:

ADHD Awareness Month: October  
1st - 31st 2024

Children's Health Day: October 7th

World Dyslexia Awareness Day:  
October 10th

Anti-Bullying Week: November  
11th - 15th

## Your voice matters

You told us that it would be helpful to know more about Autism Spectrum Condition (ASC) in teenagers.

We are delivering a workshop on October 25th specifically in response to your requests. Check it out!

*Thank you for your feedback - keep it coming!*

## Back to school:

Going back to school can be a difficult time. Maybe you are worried about having a new teacher, feeling motivated or homework. It's good to remember that these feelings are common.

### Helpful tips!

- Have you planned your week?
- Have you got all the things you need?
- Do you have any goals for the year?
- Who can help you with this?

## Struggling with worries

### Searching for the evidence...

**Step 1.** Can you identify a worry or fear that is bothering you?

**Step 2.** Have a think...where is the evidence that this worry or fear will come true?

**Step 3.** It is very likely that this worry won't come true, but even if it does, remember that you can get support and manage it!

## What you have to say about our workshops:

*"Thank you for these sessions. They are such a **great service.**"*

*"I feel as if, **they know what I am going through,** perfect details."*

*"I found the workshop interesting to listen to. **Wish I'd had this info when my kids were in primary school.**"*

## Upcoming Parent Workshops

### September:

[Sign up here!](#)

- Adolescent Exam Stress: 25th 11am

### October:

- Settling into Secondary School: 3rd 10:30am
- Supporting Positive Behaviour in Children: 11th 12pm
- ASC in adolescents: October 25th 11am

### November:

- Mental Health in Adolescent boys: 12th 12pm
- ASC in children: 15th 11am

### December:

- Child Anxiety: 2nd 11am
- Understanding Behaviour for children with SEND: 13th 11:30am

## Talking to your child: The News

A lot has happened across the world during the summer holidays,

Here are some tips around having conversations about difficult topics.

- offer reassurance and be truthful about what's happening
- manage your own emotional response
- encourage compassion
- Fact check and check back in

<https://www.bbc.co.uk/bitesize/articles/zqkfb7h>