



MENTAL HEALTH SUPPORT TEAMS

Information for children





WHAT DO WE HELP WITH?

Anxiety and worry

Anxiety is the word we use to describe feelings of worry, fear and panic. Anxiety might feel like your heart beating too fast, sweaty hands, shaky all over or a funny tummy. You might worry about bad things happening.

Anxiety is a normal feeling when we are in dangerous situation - but sometimes we worry too much and it gets in the way of having fun. If this sounds like you, we can support you and help you feel better.

Feelings you can't control

Sometimes we feel really cross, stressed, sad or upset. Sometimes we don't know how we feel and it makes us behave in ways we normally wouldn't behave. We can support you to understand these feelings better.

What happens?

Your parent/carer will talk to one of our team members (practitioners) about what you're finding difficult. They will go to 6-10 sessions and learn lots of new ways to help you feel better.

Your parent/carer might try out some activities with you at home, to help you face your worries or different feelings.



Mental Health Support Teams are here to help children feel good.

HOW DO WE HELP?



We can talk to your parents/carers about what you are finding difficult at school or at home.

We will help your parents/carers learn new ways to help you. Sometimes we might talk to you to help us understand what you find difficult.

Sometimes we will put your parents/carers in touch with other teams, to get you the right help.





IT'S OKAY TO NOT BE OKAY...

It's okay to feel sad, worried, lonely, angry, upset, jealous, embarrassed or scared. It's important to talk to people you trust about how you feel. You can talk to a parent/carer or teacher about your feelings and they can talk to us about getting some support if you would like it.

If you need to speak to someone urgently about your mental health, contact NHS 111 (option 2 or ask for the First Response Service)

In an emergency contact 999 or go to A&E

Childline - phone: 0800 1111 or text 'shout' to 85258)

Samaritans - www.samaritans.org (phone: 116123)

Keep Your Head - www.keep-your-head.org

