

What other support is out there?

<https://camhs.mpft.nhs.uk/south-staffordshire>

<https://www.camhs-resources.co.uk>

<https://www.youngminds.org.uk>

<https://www.annafreud.org/on-my-mind>

<https://sandbox.mindler.co.uk>



Top tips for looking after your well-being:



Take time to do things you enjoy doing.



Eat a balanced diet.



Talk to someone you trust if things get tough.



Get plenty of sleep.



Spend time in your happy place so you can relax and recharge.



Be compassionate to others but aim to love yourself too.

Mental Health Support Team

Information for children and young people

Risk Management Services



SCAN ME

Youth Wellbeing Directory



SCAN ME

- Open the Camera app on your mobile phone.
- Select the rear-facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device will recognise the QR code and display a notification.
- Tap the notification to open the link associated with the QR code.



Who are MHST?

We are a Mental Health Support Team that work in schools, aiming to educate young people about mental health and wellbeing, as well as help young people with difficulties they may face and how these may affect mental health.

How can MHST help me?

- ✦ Working with you 1-1 for 6-8 sessions
- ✦ Running drop-in sessions
- ✦ Hosting groups and workshops
- ✦ Education around mental health and wellbeing.
- ✦ Supporting staff at school to further help you
- ✦ Working together with your parents and carers

What can MHST help me with?

- Low mood
- Anxiety
- Worry
- Panic



- Exam stress
- Sleep difficulties
- Exploring problem solving
- Developing coping strategies

How can I access support from MHST?

Please speak to a teacher or the Senior Mental Health Lead in your school if you feel that you would benefit from some support from the Mental Health Support Team. They can discuss this with us and refer you into our service or work with us to guide you to the most appropriate type of support.

Alternatively, look out for information about drop in sessions in school which are led by our service.



**YOU ARE
NOT ALONE**