

## How to get support

If you would like help getting in touch with the schools' Emotional Wellbeing Team, you can speak to your schools Emotional Wellbeing Practitioner or a member of staff at school. Our teams work 9am - 5pm Monday to Friday.

If you need to speak to someone urgently about your mental health, please contact:

### NHS Single Point of Access

- Tel: 0800 011 3474

### NHS 111

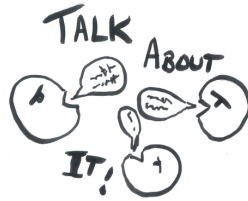
- Option 2

### Childline

- Tel: 0800 111
- Text 'shout' to 85258
- [www.childline.org.uk](http://www.childline.org.uk)

### Samaritans

- Tel: 116123
- [www.samaritans.org](http://www.samaritans.org)



NELFT provides community and mental health services for people of all ages in Essex and the London boroughs of Barking & Dagenham, Havering, Redbridge and Waltham Forest, as well as Kent and Medway.

NELFT NHS Foundation Trust, CEME Centre - West Wing, Marsh Way, Rainham, Essex RM13 8GQ.  
**Tel: 0300 555 1200**

If you would like this information in Braille, large type, in another format or in another language, please ask a member of staff. (English)

Bu bilgileri büyük yazı tipinde Körler Alfabesinde, başka bir biçimde ya da başka bir dilde okumak isterseniz lütfen bir görevliye danışın. (Turkish)

Nëse këtë informacion do e dëshironit në Braille, font më të madh, në format tjetër apo gjuhë tjetër, ju lutem pyesni një anëtar të personelit. (Albanian)

Se desejar obter esta informação em Braille, num tipo de letra maior, noutro formato ou noutro idioma, por favor peça a um membro do pessoal. (Portuguese)

আপনি যদি এই তথ্যটি রেইলে, বড় হরফে, অন্য ফরম্যাটে বা অন্য ভাষায় পেতে চান, অনুগ্রহ করে, কর্মীদের একজন সদস্যকে তা জানান। (Bengali)

در صورت تمایل به دریافت این اطلاعات به صورت بریل، چاپ درشت، یا سایر فرمت‌ها یا زبان‌ها، لطفاً درخواست خود را با یکی از کارکنان ما مطرح کنید. (Farsi)

Jeżeli chcieliby Państwo uzyskać niniejszą informację zapisaną w alfabecie Braille'a, dużą czcionką, w innym formacie lub w innym języku, prosimy zwrócić się w tej sprawie do członka personelu. (Polish)

Si vous souhaitez obtenir ces informations en gros caractères Braille ou dans une autre langue, veuillez le demander à un membre de l'équipe. (French)

நீங்கள் இத்தகவலை ப்ரெய்லியில், பெரிய எழுத்துகளில், வேறு ஃபார்மேட்டில் அல்லது வேறு மொழியில் பெற விரும்பினால், ஊழியரிடம் கேளுங்கள். (Tamil)

إذا أردت الحصول على هذه المعلومات بطريقة برايل، أو بحروف كبيرة، أو بصيغة أو لغة أخرى، يرجى طلب ذلك من أحد أعضاء فريق العمل. (Arabic)

Если вы хотите получить эту информацию на языке Брайля, напечатанную крупным шрифтом, в другом формате или на другом языке, пожалуйста, обратитесь к любому сотруднику. (Russian)

### Equality & Diversity:

We are committed to meet and provide equitable and accessible care and support for all our patients by working in partnership with you and communicating these needs at the earliest, so that appropriate arrangements could be made.

## Getting Help in Secondary School from the Emotional Wellbeing Team



Information for Pupils



## Who are we?

We are the Emotional Wellbeing Team (known nationally as the Mental Health Support Team).

We're specially trained to share ideas about looking after your mental health, and to offer early help with emotional wellbeing and mental health difficulties.

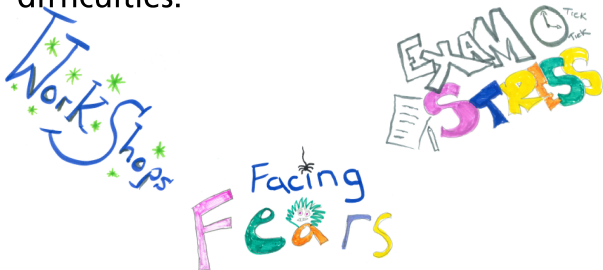
Getting the right support early can help prevent problems getting bigger, so you can enjoy school, home, time with families and friends, and other activities.



## Who can we help?

We can work with all students by supporting your school to promote emotional wellbeing and mental health across the whole school community.

We can work with you in groups or 1:1 sessions to support you with more specific difficulties.



## What support can we offer?

There's a number of ways we can support you, including:

- Whole school activities and workshops to promote emotional wellbeing and increase your understanding of how to take care of your mental health.
- Smaller group and 1:1 sessions for young people with difficulties such as anxiety, exam stress, problems with sleep, and low mood.



## Feedback from young people

"I felt comfortable talking and felt like no-one was going to judge me."

"At first I was nervous, but after a few sessions I found it really helpful to go to the sessions as you can learn different things."

"I would say the group has been life changing for me, it has massively helped."

"I am now back doing the things I love, I never thought I would be able to do that again."

## Where else can I get support?

There are a number of ways to find wellbeing and mental health support:

**MindEd for Families** was created by experts and parents together to provide safe and reliable advice about young people's mental health.

[www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)

**Young Minds** offers services to parents and carers who are concerned about their child's mental health through telephone, email and webchat

[www.youngminds.org.uk/find-help/forparents](http://www.youngminds.org.uk/find-help/forparents)

**Kent Resilience Hub** is a resource that helps young people, parents and carers, staff and practitioners to understand emotional wellbeing and resilience.

[www.kentresiliencehub.org.uk](http://www.kentresiliencehub.org.uk)

Please scan the QR code to visit our website!

[www.nelft.nhs.uk/kent-and-medway-mental-health-support-teams](http://www.nelft.nhs.uk/kent-and-medway-mental-health-support-teams)



Instagram - [@kentandmedwaycamhs](https://www.instagram.com/kentandmedwaycamhs)

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