

We support children, young people & families in education settings, with their mental health & wellbeing

We provide interventions for mild-moderate mental health issues

We are made up of qualified practitioners & therapists

We offer support face to face or virtually

WHAT IS A MENTAL HEALTH SUPPORT TEAM?

@bdmhst_nelft

We can provide support in accessing other services if needed

We deliver 1:1 sessions, group work, whole class interventions, workshops & assemblies

We can help with issues such as anxiety, low mood & challenging behaviour

We aim to raise awareness & reduce the stigma of mental health



What do we offer in PRIMARY SCHOOLS?

Workshops For Parent/Carers:

- Secondary School Transition
- Sleep Hygiene

1:1 support directly with Parent/Carers for Anxiety and Challenging Behaviour

Staff workshops:

- Language & Emotional wellbeing
- LGBTQ+ Training

Whole class interventions:

- Brain Buddies (years 5 & 6)
- My Emotions (years 3 & 4)

Further Staff Support:

- Consultations
- Drop-ins
- Clinical Supervision

Workshops for Children:

- 5 ways to wellbeing
- Express Yourself
- Secondary School Transition

Self-Esteem Targeted Group (years 5 & 6)

