

Mental Health Support Teams in Schools Epping Forest

Mind in West Essex, **Children and Young People Mental Health Support Team (MHST)** is here to support education settings in Harlow, Epping Forest and Uttlesford. We help to promote positive mental health within primary, secondary and higher education settings within these areas. Our MHST is part of the Government's Green Paper initiative; 'Transforming children and young people's mental health provision'.

In Primary schools we focus on Child Anxiety or Challenging Behaviour (at home) and the work is carried out with the parents/carers of the children referred for support. We deliver "Brain Buddies" which is emotional regulation group work, this group is always well received by pupils and teachers. We have a fairly new group, "Friendships". This group started this year and focuses on the importance of positive friendships & relationships. We also run workshops for young people where appropriate.

We run regular parent workshops (online and in person) for Anxiety, Challenging Behaviour (at home) and Helping your Child Manage their Emotions, these are for parents to support their primary school age children.

For secondary school age children, we run parent workshops (online and in person) for Supporting Teenagers Emotional Wellbeing.

In Secondary schools we focus on Adolescent Anxiety or Low Mood and the work is carried out directly with the young person. We deliver the "Mind and Mood" course which aims to equip the young people with the knowledge, skills and techniques needed to help them manage their thoughts, feelings, and behaviours. We have a new course starting this year, "Managing your Emotions". We also run workshops and drop-ins for young people where appropriate.

In consultation with education settings, we provide workshops for school staff too on a variety of well-being topics.

Our Epping Forest MHST have been in partnership with Leverton Primary School since November 2021. During this time, we have provided your Mental Health Lead, Miss Beggs with our full support and delivering one-to-one interventions.

Each education setting is allocated an **Educational Mental Health Practitioner (EMHP)**, in Leverton Primary School your EMHP is Rachael.

Rachael has just completed her postgraduate qualification at the University of Reading. The course was very intense and Rachael showed professionalism throughout. We are looking forward to seeing



Rachael's wonderful work with your school.

"Hi, my name is Rachael, I am an Educational Mental Health Practitioner and I work at your school! I also work at other schools as part of your Epping Forest Mental Health Support Team, the schools I work in are;

- ❖ Roding Valley High School
- ❖ King Harold Business & Enterprise Academy

- ❖ Leverton Primary School
- ❖ Upshire Primary Foundation School
- ❖ Hillhouse Church of England Primary School

I love working with children and young people, especially to support them with their mental health and wellbeing. I offer a range of individual and group interventions, working with children and young people, and their parents/carers, to support anxiety, low mood, and behavioural difficulties.

A fun fact about me is that I love all animals and spending time with animals, especially my dog Archie. Spending time with animals makes me feel calm and happy!


If you see me around, please give me a wave and if you feel like you need any support, please let myself or a trusted adult/teacher know."

To see what your local MHST are up to follow us on:

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

 <https://www.facebook.com/mhsteppingforest/>

 <https://twitter.com/EppingMhst>

 https://www.instagram.com/mhst_epping_forest/

 <https://www.youtube.com/channel/UCuiP2uVAtZcSV4cCMnOyAGQ>

Our Vision is for West Essex to be a place where people talk openly and positively about mental health, and where everyone gets the support and respect needed to live well.

Please have a look at <https://www.mindinwestessex.org.uk/> we offer a wide range of further support for young people and adults.

Support services useful contacts

Emergencies:

- ❖ **NHS 111 Mental Health Crisis Phone Line**
Dial 111 option 2

- ❖ **999 or attend A&E**

- ❖ **Samaritans**
 - Telephone support 24/7 on 116 123
 - Email support jo@samaritans.org (24 hour response time)

- ❖ **SET CAHMS out of hours and weekend Crisis Support Service**
Telephone NELFT general switchboard 0300 555 1200 /1201
Ask for the SET CAHMS Crisis Team (Children and young people's Intensive Support Team)

Non-emergencies:

- ❖ **Vita Health (16+)**
Telephone 0333 0152 966
This is NOT an emergency service. Self-referrals are accepted.

- ❖ **SET CAHMS**
Telephone 0300 300 1600

- ❖ **Family Lives**
 - Helpline 0808 800 2222
 - Email askus@familylives.org.uk
 - <https://www.familylives.org.uk/>

- ❖ **Child line**
Telephone Counselling 9am – midnight every day 0800 1111

❖ **Young Minds**

- Text Crisis Messenger 24/7: text YM to 85258 (free from most mobile networks)
- Parents Helpline Mon-Fri 9.30am – 4pm 0808 802 5544 (free of charge)

❖ **YCT**

- Telephone 01279 414 090
- Email admin@yctsupport.com

❖ **The Mix**

- Telephone support 3pm – 12am everyday 0800 808 4994
- Webchat support <https://www.themix.org.uk/get-support/speak-to-our-team>
- Text Crisis Messenger 24/7: text THEMIX to 85258

❖ **Kooth.com**

- Free, safe and anonymous on-line mental health support and counselling
- <https://www.kooth.com>
- Age 10 -25 7 days a week until 10pm

❖ **Togetherall**

<https://togetherall.com/en-gb/>

❖ **Essex County Council Children & Families Hub**

- Telephone 0345 603 7627 Mon-Fri 9am-5pm
- Telephone 0345 606 1212 (out of hours)

❖ **The Box Counselling Service**

<https://www.theboxepping.org.uk/counselling>

Apps:



❖ **Calm Harm**



❖ **Clear Fear**

❖ **The NHS Mental Health App Library**

<https://www.nhs.uk/apps-library/category/mental-health/>