P5

What happens next?

If it is agreed that you would benefit from our support we would arrange to have 6-8 weekly sessions with you in school.

You would work with your mental health practitioner to learn strategies to manage your emotions and increase your emotional wellbeing. These tools are based on Cognitive Behavioural Therapy, which involves learning and testing out new ways of thinking and doing things.

If it is felt that another service may be able to support you better, then we can help to arrange this. Some people also feel that they are not ready for support just yet, and that is OK. We can help you when you are ready.

YOUR MIND MATTERS

P6

What other support is there?

Kooth (kooth.com)

Chat confidentially online to a mental health practitioner, or join a forum to talk to other young people.

Beam (childrenssociety.org.uk/beam)

Visit their website to request help over the phone or at a drop in.

Young Minds (youngminds.org.uk)

Visit their website for practical well-being tips and information on how to get support.

Shout (Text 85258 for immediate help)

24/7 free text service to get help if you are struggling to cope.

@shropshiretelfordmhst

Follow us on Instagram for regular wellbeing tips and strategies! Use your phone camera to scan the QR code!

P1

NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Mental Health Support Team

Information for secondary and sixth form pupils



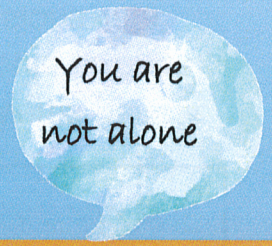
P2

Who are we?

We are a Team of Mental Health Practitioner's that work with children and young people in schools and sixth forms.

We understand the difficulties that young people can face and how this may affect their mental health. We can help with difficulties such as anxiety, low mood, worries, stress, confidence, and sleep difficulties.

We know that young people can sometimes feel anxious talking about how they feel, and we are here to help them feel supported, safe, and comfortable having those conversations.

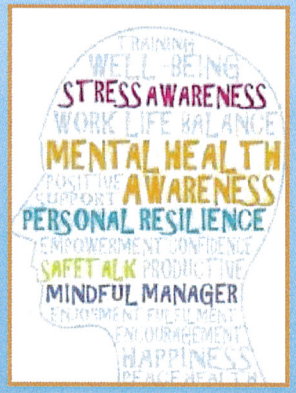


P3

How to access our support

If you think you'd like help from our team please speak with your parent/ carer or to a member of staff in your school. They will then be able to pass this on to your school Mental Health Lead.

If we think we may be able to offer some support we will arrange a meeting with yourself and the mental health practitioner in your school. You can also have your parent/carer attend if you would like them to.



We are running drop-in sessions in some of our schools. To find out if we are doing these in your school please ask a member of staff or the Mental Health Lead.

P4

When we first meet

During the first meeting, the mental health practitioner will talk with you about how you have been feeling and any difficulties you have been having.

You won't need to bring anything with you, although sometimes people find it helpful to make some notes beforehand to help them remember what they'd like to talk about.

The meeting will last around an hour and will be in a private room in school. There will be time for you to ask any questions that you have.

"Asking for help isn't a sign of weakness, it is a sign of strength"

HELPFUL LINKS

Call:
Samaritans 116 123
Childline 0800 1111

Websites:
www.youngminds.org.uk
www.kooth.com

Apps:

Feeling good:Positive mindset (Digital CBT)

Calm harm (managing self harm)

Catch it (record and challenge negative thoughts)

Chill panda (relaxation techniques)



ACCESSING CBT

If you are not already accessing CBT you can get more information about making a referral by contacting your local CAMHS team.

You can also do this by making an appointment with your GP.

created using www.canva.com

Cognitive Behaviour Therapy (CBT) for young people

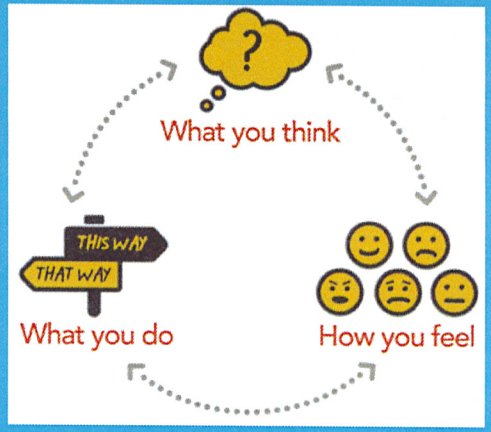
The Facts

@WeHeartCBT

What is CBT?

CBT is a therapy that can help you to overcome problems to do with low mood and/or anxiety. Many young people struggle with their mental health sometimes and there is lots of evidence and research that shows CBT helps young people to feel better. We therefore use CBT to help because we know that it can work.

It's all linked...



CBT works on the idea that your thoughts, feelings and behaviours (what you do) are all linked together and all have an impact on each other.

When you are feeling anxious and/or low in mood, you can get stuck in a cycle of negative or unhelpful thoughts, feelings and behaviours.

By using CBT, we can help you to break that cycle and help you to change your thoughts and behaviours so that you start to feel better.

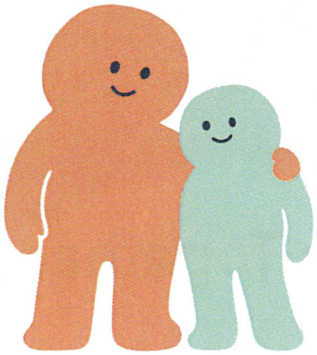
CBT can be used to help young people struggling with some of the following problems:
anxiety, phobias, obsessive compulsive disorder (OCD), worry, low mood, eating disorders, post-traumatic stress disorder (PTSD) as well as other mental health difficulties.

What should I expect?

- CBT sessions usually happen once a week.
- You will work together with your therapist (and anyone else you'd like to help you) to understand the problem you're struggling with and set a goal to work towards.
- You will learn new skills to help you feel better.
- It is really important in CBT to practice your new skills at home (your therapist will help you set tasks in order to do this in between your sessions).
- Your therapist will help you to challenge and change your negative thoughts as well as unhelpful behaviours.

All of these things aim to help you Feel Better!

CAMHS STW
Mental Health Support Team (MHST)
Raising Resilience Workshops



Handling Worries Together

This 7 week programme is for parents and carers of children who may be struggling with worries or anxiety.

The workshops give you practical, easy-to-use techniques based on CBT (Cognitive Behavioural Therapy) that you can use to support your child in managing their fears and worries.

The sessions help you understand how anxiety works and how it can affect your child. You'll learn how to spot anxious thoughts and gently challenge them, as well as practical ways to help your child face their fears step by step.

You'll learn helpful techniques for helping your child manage their worries and build problem-solving skills.

The sessions take place online using Microsoft Teams.

The programme runs over 7 weeks. This includes online group sessions and one-to-one phone calls.

There will also be some reading and simple activities to try with your child between sessions.

These workshops are for parents and carers only.
This is because you know your child best and are in the best position to support them and make helpful changes at home.

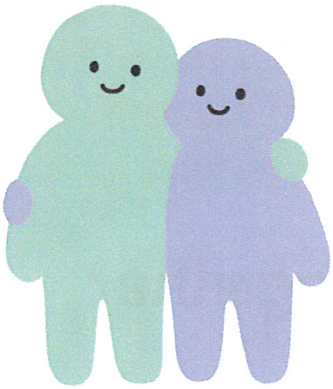


To get the most out of the programme, we recommend using this book along side the sessions.
Helping Your Child with Fears and Worries (2nd Edition): A Self-Help Guide for Parents/Carers by Cathy Creswell and Lucy Willetts.

We are MPFT

NHS
Midlands Partnership University
NHS Foundation Trust

Together we are making life better for our communities



CAMHS STW
Mental Health Support Team (MHST)
Raising Resilience Workshops

Changing Behaviours Together

This programme is for parents and carers who want to understand their child's behaviour and learn what can influence their behaviour.

The sessions consist of promoting positive behaviour through praise and reward, reducing undesirable behaviour, increasing compliance, promoting boundaries, building relationships through play and creating clear expectations for the whole family...

It aims to give you the confidence and skills to improve your relationship with your child, reduce challenging behaviour, and respond in a calm and consistent way.

Group sessions take place on online.

At the start of the programme, you'll set a goal for you and your child. You'll then track your progress over the 9 weeks.

You'll be given a CBT-based workbook with simple activities and strategies to try with your child between sessions and continue using afterwards.

It's important that parents/carers are on the same page. This means working together to be consistent with rules, boundaries, and consequences, and supporting your child to manage their emotions in a calm and supportive way.

We understand this process can feel challenging at times. It's important to think about how you will look after your own wellbeing and what support you have around you.

This workshop is for parents and carers only.
That is because parents and carers know their child best and will be able to implement positive changes in a way that suits the family as a whole.

Please get in touch with the team if you have any further questions..

MY POCKET GROUNDING TECHNIQUES

Things that help me feel calm and grounded on the go.

Lie

Lie on the floor. Close your eyes and focus on your breath. Starting from your head, do a quick body scan and notice each part of your body where the floor or surface touches you. Focus on the sensation, the pressure, the texture and temperature.

Tie

Grab a string or shoelace. Tie knots in the string. How many knots can you make? Focus on creating the knots until you feel calm. Or, take the laces out of your shoes and slowly thread the lace back through whilst taking deep breaths in and out.

Breathe

Take a slow, deep breath in through your nose. Make a big sigh and drop your shoulders downwards as you breathe out slowly through your mouth. Repeat 4 times. Optional: Add a calming statement to say each time you finish breathing out.

Splash

Splash some water on your face or hands. Notice the temperature of the water and how it feels on your skin. Dry your hands or face, notice the textures and feel of the material. Use words in your mind to describe the sensations.

Squeeze

Create an affirming statement such as "I am calm and in control." Write it in the space below. Tap your left shoulder with your right finger, keeping your finger on your shoulder. With your right finger still in position, tap your right shoulder with your left finger. Give yourself a big squeeze and say your statement. Repeat as many times as you need.

Trace

Pick one interesting object in your field of vision. Trace its outline with your eyes, as if you were drawing its lines.

Observe

Find something in the room that begins with each letter

a b c d e f g h i j
k l m n o p q r s t
u v w x y z