

How do our team help?

We sometimes come into school and you might see us around doing drop ins, assemblies and workshops.



If we were to offer support we would help you to control your unkind thoughts and give you ways to help yourself feel better.

How can I get help?

Take this leaflet to a teacher at school or ask about us.

Speak to your adult at home about us - we have leaflets for them too.



Mental Health Support Team



Information for children and young people



How can the Mental Health Support Team help me?



We can help if you are scared of something.



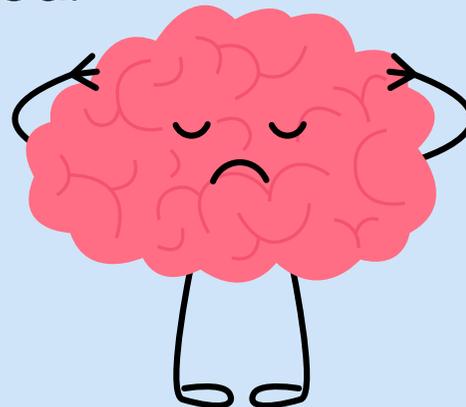
We can help if you feel are feeling sad a lot of the time.



We can help you with your worries.



We can help if your brain is being unkind to you.



We can work with the adult that looks after you at home.

