

Ealing Mental Health Support Team

September
2024

Your termly newsletter!
Back to school!

Is your child feeling...

Demotivated, anxious, stressed, worried, sad,
irritable, low, panic, tired or lacking energy?

We can help you and your child

Ealing Mental Health Support Team (MHST) supports the wellbeing of children and young people in Ealing schools.

In primary schools, we offer 1:1 support to parent's whose children feel:

- Worried and present with behaviours that challenge

In secondary Schools, we offer 1:1 support to young people who sometimes feel:

Anxious or low in mood

We also support children and young people with learning disabilities and/or autism, their families and school staff.

If you have any questions about the above, please speak with your schools Mental Health Link Worker.

Dates to remember:

ADHD Awareness Month: October

Children's Health Day:
7 October

World Dyslexia Awareness Day:
10 October

Anti-Bullying Week:
11 -15 November

Your voice matters

You told us that it would be helpful to know more about Autism Spectrum Condition (ASC) in teenagers. We are delivering a workshop on 25 October specifically in response to your requests. Check it out!

Thank you for your feedback - keep it coming!

Back to school

Going back to school can be a difficult time. Maybe you are worried about having a new teacher, feeling motivated or homework. It's good to remember that these feelings are common.

Helpful tips!

- Have you planned your week?
- Have you got all the things you need
- Do you have any goals for the year
- Who can help you with this?

Struggling with worries

Searching for the evidence...

Step 1. Can you identify a worry or fear that is bothering you?

Step 2. Have a think...where is the evidence that this worry or fear will come true?

Step 3. It is very likely that this worry won't come true, but even if it does, remember that you can get support and manage it!

What you have to say about our workshops:

"Thank you for these sessions. They are such a great service."

"I feel as if, they know what I am going through, perfect details."

"I found the workshop interesting to listen to. Wish I'd had this info when my kids were in primary school."

Upcoming parent workshops

September:

25 Sept Adolescent exam stress, 11am

October:

3 Oct Settling into secondary school, 10:30am

11 Oct Supporting positive behavior in children, 12midday

25 Oct ASC in adolescents, 11am

November:

12 Nov Mental Health in Adolescent boys, 12midday

15 Nov ASC in children, 11am

December:

2 Dec Child Anxiety, 11am

13 Dec Understanding behaviour for children with SEND, 11:30am

[Sign up here](#)

Talking to your child about the news

A lot has happened across the world during the summer holidays,

Here are some tips around having conversations about difficult topics.

- offer reassurance and be truthful about what's happening
- manage your own emotional response
- encourage compassion
- Fact check and check back in

[How do you explain upsetting news to children? \(bbc.co.uk\)](http://bbc.co.uk)