

We are the Mental Health Support Team!

It's good to talk!

Talking to someone you trust can help stop things that are difficult from getting bigger so you can enjoy school, time at home and time with friends and family.



Accepting your big feelings

It's ok to have big feelings. We run groups that help you learn to make sense of your feelings. You might see us at your school in assemblies, at one-off workshops or in groups that run over a number of weeks.



Dealing with worries

How we think affects the way we feel. Sometimes we might feel worried. Taking deep breaths or even giving yourself a hug can help calm you down. Our groups teach these types of things.



You are not alone

It's ok to not be ok. We are trained to help you and your family with your big feelings. We work with parents, carers and teaching staff. Everything we do is to help you feel supported.

The Mental Health Support Team are here to provide support to children, their families and school staff. We help people to learn to understand and manage their feelings and emotions. To find out more scan the QR code to visit our website or speak to

www.nelft.nhs.uk/essex-mental-health-support-teams