

What happens next?

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

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

If parent-led CBT is appropriate we will discuss with you whether this will be 1:1 or online.

Sometimes we may feel that another service may be able to support you or your child better. If this is the case we can help to arrange this.

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What other support is there?

Beam (childrenssociety.org.uk/beam)

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

Young Minds (youngminds.org.uk)

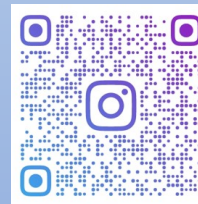
Practical wellbeing tips and information on how to get support.

Stem4 (<https://stem4.org.uk/>)

Information about mental health difficulties and practical strategies to try.

@shropshiretelfordmhst

You can follow us on Instagram for wellbeing tips and strategies! Use your phone camera to scan the QR code below.

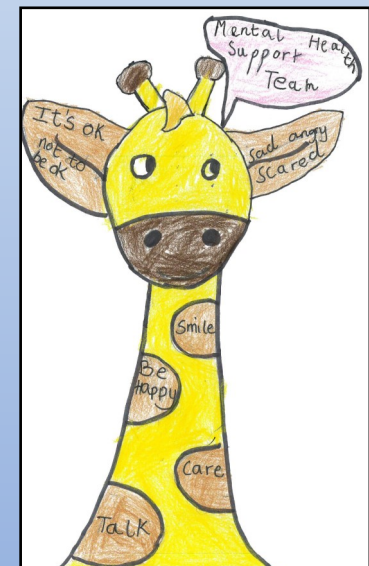


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Mental Health Support Team

Information for parents and carers of primary aged pupils



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Who are we?

The Mental Health Support Team is part of the Bee-U service in Telford and Shropshire, providing mental health support to children, young people and their families.

We work in schools and colleges and can help children with mild - moderate difficulties such as anxiety, low mood, worries, confidence, stress, and sleep difficulties.

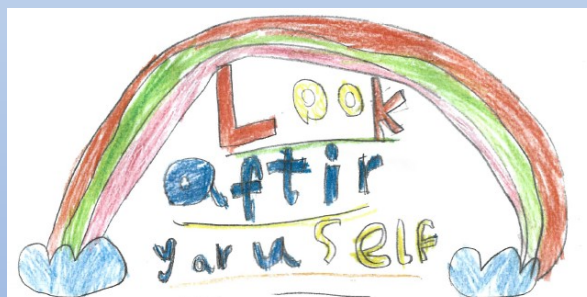
We typically work with children 1-1 in school from age 8+. We also deliver parent-led CBT to support parents in helping their child with anxiety and worries. This is suitable for parents/carers of children aged 5+ and is delivered as an online group course or 1-1 in person.

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How to access our support

If you think you'd like help from our team please speak with the Mental Health Lead or member of the pastoral team in school. They will then pass this information on to us.

If we think we may be able to offer some support we will arrange an initial assessment, where we would discuss with you and your child the difficulties that they are having.



Picture drawn by year 3 pupil at Morda Primary School, Shropshire.

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Initial assessment

Parents/carers and child are invited to the initial assessment. The mental health practitioner will usually ask to spend time with the child on their own if they are happy to, as well as time altogether.

The assessment 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.

We recommend that children are told about the initial assessment prior to attending.



We are here to help

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