

# **THE MENTAL HEALTH SUPPORT TEAM**

Primary School Assembly Presentation



# AGENDA

Who are we?

What is mental health?

Where can you get help?



# MEET OUR TEAM



**CLAIRE  
EMHP LEAD**

**SHAUN  
EMHP**

**NATALIE  
EMHP  
TRAINEE**

**JULIE  
TRAINEE  
EMHP**

**JENNY  
TRAINEE  
EMHP**

**DAWN  
TRAINEE  
EMHP**

# WHO ARE MHST?

The mental health support teams (MHST) have been developed to increase access and support for young people with their mental health and wellbeing.

Our south team will visit you in school to help you with your mental health and wellbeing. We offer, 1:1 work, class workshops, assemblies and groups.





# WHAT IS MENTAL HEALTH?

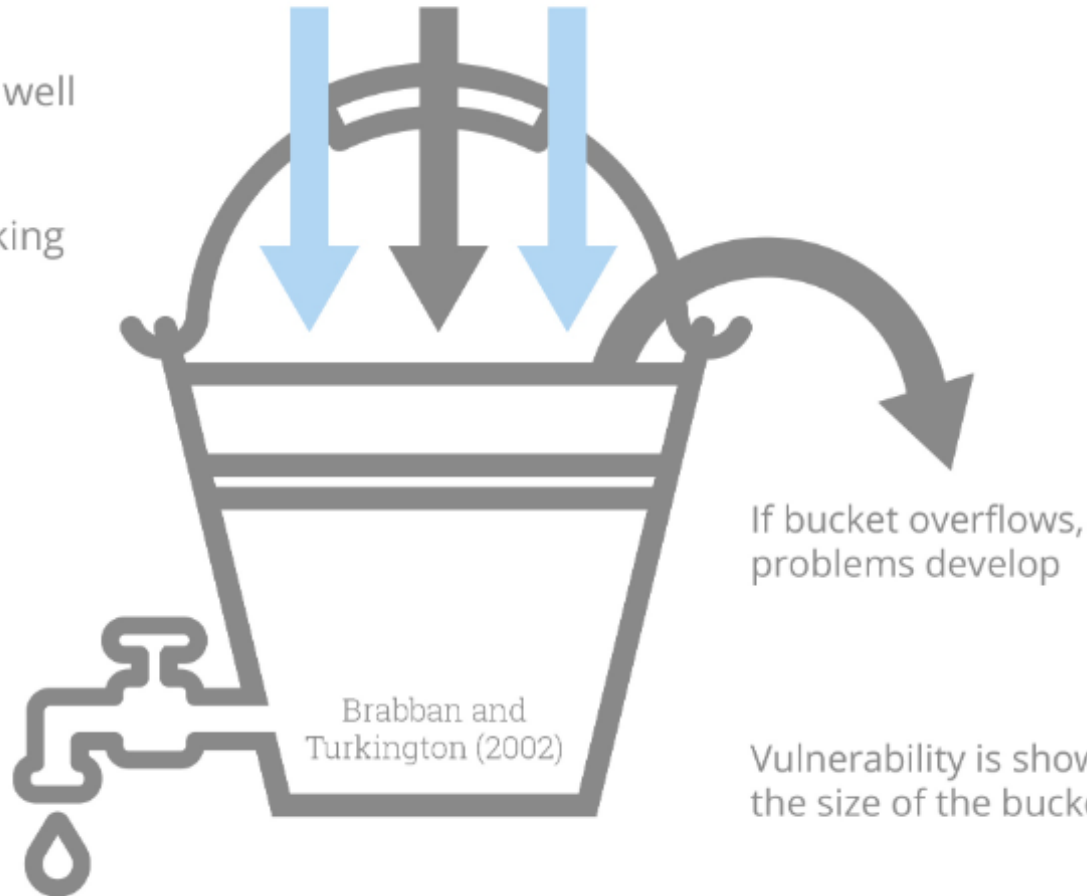


# My stressful feelings bucket

Stress flows into your bucket

**Good Coping**  
= Tap is working well

**Bad Coping**  
= Tap is not working well



If bucket overflows,  
problems develop

Vulnerability is shown by  
the size of the bucket

**What are the stresses  
that fill your bucket up?**

**How can you empty the  
water out? What is a  
positive way of coping?**

# Low Mood



- Low mood can cause someone to feel sad, irritable or hopeless.

- It may affect your sleep, appetite or relationships with others.

- Feeling low can cause you to lose interest in hobbies or activities you once enjoyed.



# Feeling anxious or worried



- Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future.

- Anxiety is a natural human response we feel when we are under threat. It can be experienced through our thoughts, feelings and physical sensations.



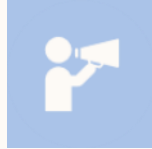


# SUPPORT SERVICES/APPS



**shout**  
**85258**  
here for you 24/7

Shout 85258 is a free, confidential, 24/7 text messaging support service



**ChildLine**  
0800 1111 

Free 24-hour helpline for children and young people.



  
HEADSPACE

A meditation app that acts as a personal guide to health and happiness



**SAMARITANS**

Emotional support for anyone who needs it. 24-hour helpline: 08457 90 90 90.



**ThinkNinja**

An app for children and young people (10-18 years old) to help educate about mental health and emotional wellbeing.

**WHERE CAN YOU GO FOR HELP?  
WHO IS YOUR MENTAL HEALTH LEAD IN SCHOOL?**

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# SUMMARY

Your mental health is so important, just like you look after yourself physically, you need to look after yourself mentally.

You are important, you are your own best friend, you do everything with yourself, so be kind to yourself, treat yourself with respect!



**THANK YOU  
FOR  
LISTENING!**

