

Ealing Mental Health Support Team

September
2025

Your Termly Newsletter

Is your child feeling....

Demotivated? Anxious? Stressed?
Worried? Sad? Irritable? Low?
Panic? Tired or lacking energy?



You said, we did!

You told us it would be helpful to have online workshops to help you support more mental health difficulties. This term we're introducing a new workshop: **An introduction to obsessive compulsive disorder (OCD).**

You may notice:

- Your child organising things based on counting or symmetry
- Your child often checks the same thing over and over
- Your child has to clean or do things a certain way

[Click here to find out more about OCD](#)

We can help you and your child

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

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

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

Dates to remember:

Self-care September

World Mental Health Day: 10th October

Men's Mental Health Awareness: November

Anti-bullying Week: 11 - 15th November



Back to school:

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

Helpful Tips:

- Get organised - use planners, diaries and apps to keep track of things
- Set goals - make sure they're small and manageable
- Look after them and yourself: take time to do the things you enjoy!

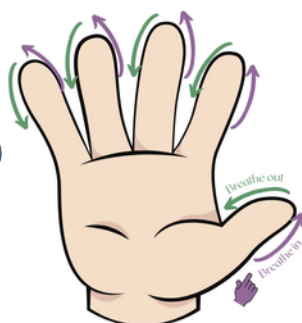
Top Tip!

Did you know that when you feel anxious, scared, or overwhelmed, your body starts to act like it's getting ready to fight or run away—even if there's no real danger?

But here's something amazing: breathing slowly and deeply is like a secret superpower! Next time your child is feeling anxious, try to help them breathe in through their nose, and out through their mouth whilst tracing your hand.



5 Finger Breathing



Upcoming Workshops

September 2025

- Supporting positive behaviour: 18th 10:30am - 11:30am
- Introduction to Autism in adolescents: 26th 12:00pm - 1:30pm

October 2025

- Supporting anxiety in adolescents (Part 1): 1st 12:00 - 1:30pm
- Introduction to OCD: 03rd 11:00am - 12:30pm
- Understanding behaviour for children with additional needs: 10th 12:00pm - 1:30pm
- Supporting appropriate use in technology (children): 16th 12:00pm - 1:30pm
- Social Media & self-esteem: 22nd 10:15am - 11:30am

November 2025

- Supporting anxiety in adolescents (Part 2): 12th 12:00 - 1:30pm
- Introduction to autism: 18th 12:00pm - 1:30pm
- Supporting friendship in children: 25th November 12:00pm - 1:00pm

December 2025

- Teen low mood & Sleep: 1st 12:00pm - 1:00pm
- Adolescent exam stress: 8th 12:00pm - 1:00pm

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.

<https://forms.gle/498J1SG2WXZ4q71hg>

