

Ealing Mental Health Support Team

April
2026

Your Termly Newsletter

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.

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

- Worried and present with behaviours that challenge



You said, we did!

You said you enjoyed our challenging behaviour workshops so we are running another one this term!

You said that parents wanted managing use of technology, so

You said you wanted more practical skills and examples and less wordy presentations, so we have factored that into our presentation this term.



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:

Mental Health Awareness Week 11-17th May 2026

Upcoming Workshops

Helping Your Child With Exam Anxiety

Friday 17th April 1-2:30pm

OCD Workshop

Friday 8th May 12-1:30pm

Introduction to Autism

Monday 18th May 1 - 2pm

Supporting appropriate use of technology
(Social, Media, gaming, screentime)

Thursday 28th May 12-1pm

How to help your child when they are experiencing low mood: for secondary students

Friday 12th June 1:30-2:30pm

Behaviours that Challenge

Monday 22nd June 12-1pm

Transition to Secondary School

Monday 13th July 12.30-1.30pm

Preparing for life after school: Parents supporting 18+ young people with transitions after secondary school

July 21st 10:30 - 12pm

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



Transitions!

The summer term represents endings and the approach of new beginnings. Maybe your child is approaching the transition to secondary school or coming to the end of their time at school and thinking about what's next. It is important to normalise any feelings of worry, and have open conversations about how best to support them through transitions!

We offer transition workshops for Year 6's, so it is worth asking your child's school whether there are any upcoming transition workshops!

Supporting Appropriate Use of Technology

High on the agenda for schools and services is the impact of technology on mental health

Here are some top tips on how to support your child moderating their technology use:

Passive VS Purposeful Screen Time:

Scrolling through shortform content like TikTok or Instagram is associated with low levels of physical activity.

Engaging in passions and educational content (writing, art, social communication) is associated with improved social and academic skills.

Gaming: Be aware of what games your child is playing, showing an interest will not only allow you to monitor downloads and interactions, but also make it more likely your child will share with you if something goes wrong!