

Promoting hope
and wellbeing
together

Ealing Mental Health Support Team

January 2023

NHS

West London
NHS Trust



Who are we?

We are a team of **wellbeing practitioners** partnered with secondary schools across the borough of Ealing. Our service is designed to support the wellbeing of young people in schools as well as school staff themselves. We provide a whole school approach to delivering mental health support **at the first signs of difficulty** to prevent future problems and promote overall emotional and mental wellbeing.

The new Assistant Educational Psychologists have joined the team and offer a whole school approach to emotional wellbeing and mental health.

What do we do?

We work directly with young people in secondary schools offering **support programmes** for anxiety, worries and for low mood. We also organise **workshops and groups** throughout the year on various topics.

Who can we support?

We support young people who sometimes feel **anxious** (e.g. experience stress about school or exams, worries about social situations, specific fears or phobias) and young people experiencing **low mood** (e.g. feeling sad or tearful, not wanting to do activities you usually enjoy, low motivation or sleep difficulties).

We also support children and young people with learning disabilities and/or autism, their families and school staff.



Are you feeling...

Demotivated?

Stressed? Anxious? Sad?

Worried about
taking part in
activities or
lessons?

Irritable?

Scared in certain
places or situations?

Tired or lack of
energy?

Panic?



Dates to remember

- **02/02/23:** Time to Talk Day
- **06/02/23 – 12/02/23:** Children's Mental Health Awareness Week
- **27/02/23 – 05/03/23:** Eating Disorder Awareness Week
- **01/03/23:** Self Injury Awareness Day
- **13/03/23 – 19/03/23:** Neurodiversity Celebration Week
- **17/03/23:** World Sleep Day
- **27/03/23 – 02/04/23:** World Autism Acceptance Week

Think this might be for you?

If you are interested, please contact your school who will talk to you about making a referral to our team.