

SEFTON MENTAL HEALTH SUPPORT TEAM (IN SCHOOLS!)



WHO ARE WE?



We are a team of mental health workers (**not teachers!**) who help children manage difficult feelings, like anxiety, worry or low mood. A bit like how you have a coach for football who teaches you different skills to get better at football, we are like a coach for emotions and we will teach you skills to manage feelings better.

WHAT DO WE DO?



- We work with children who might be feeling anxious, sad or worried.
- We can work with you or your parents to figure out what is going on so we can help you feel better.
- We teach young people skills and techniques to help them manage difficult feelings. This often involves meeting once a week for 6-8 weeks, or it might involve working in a group.
- Sometimes our help might be putting you in touch with other professionals who can help you better than us.
- Normally, we meet in your school, but sometimes we might meet outside of school or via virtual methods.
- You also might see us in assemblies or sometimes we might take over your class to teach you about mental health.

WHAT CAN WE HELP WITH?

1) ANXIETY/WORRY

Anxiety is a word to describe feelings of worry, fear and panic.

- You may also experience bodily sensations such as a racing heart, breathing fast, dry mouth or feel shaky.
- You may have a lot of 'what if' thoughts pop into your head.



We can offer:

- Worry management - strategies to help you relax in anxious situations
- Graded exposure - a plan towards facing your worries
- Support with exam stress

2) LOW MOOD

Feeling low or sad is normal, but when it won't go away after 2 weeks, sometimes we may need some support.

- Low mood can make us feel sad, stressed, lonely, angry or empty.
- It can make us think negatively about ourselves or others.
- It can make it really difficult to carry out normal tasks that we normally find easy to do, or make us not want to do things we enjoy.

We can offer:

- Behavioural Activation - exploring things that are important to you and carefully planning these activities into your day to day routine.

This is normally on a 1-1 basis.

HOW CAN I GET HELP?



- Talk to your teacher or parent about making a MHST referral for you.
- We will then contact you or your parents to discuss the difficulties you're experiencing and look at what you would like to change.
- We offer 1-1 or group support at your school, over the telephone, via Microsoft Teams or in school.

The MHST operates 9am - 5pm Monday to Friday. If you need to speak to someone urgently about your mental health you could contact:

- Your GP
- Liverpool Crisis Team - (phone 0151 293 3577)
- Childline - www.childline.org.uk (phone: 0800 1111 or text 'shout' to 85258).
- Samaritans - www.samaritans.org (phone 116 123)



SCAN THE CODE AND
FOLLOW US ON TWITTER TO
ACCESS MORE RESOURCES
ON MENTAL WELLBEING



@CamhsSefton



**Sefton Emotional
Health Partnership**

Working Together For Young Peoples Emotional Health

**WE ARE BASED AT:
THORNTON FAMILY WELLBEING CENTRE
STANNYFIELD DRIVE, L23 1TY**

0151 934 4991