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| Top Tips for Keeping Well   * Be active and exercise * Get plenty of sleep * Talk about your feelings * Ask for help * Take time to relax * Do something you enjoy * Care for others * Eat a balanced diet   Top tips for keeping welL | Happy Mental Health Sticker by Your Mind Matters  Useful websites   * Youngminds.org.uk * Childrenssociety.org.uk * Childline.org.uk * Kooth.com   Speak to your teacher if you think we could support you | |  | | --- | | C:\Users\hannah.barker\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\Y8FDEC87\Midlands Partnership NHS Foundation Trust Keele RGB Blue (2).jpg  Mental Health Support Team working in your school  **Children and Young People**  **5-18 years**  Image result for mental health    C:\Users\kaisla\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D3850E14.tmp | |  | |  | |
| * Worry Management * Low mood * Exam stress * Difficulties with emotions * Anxiety * Coping strategies * Sleep Hygiene * Problem Solving | How can we help you?  We will be offering support by;   * 1-1 support working with you over a period of 6-8 sessions * Small group sessions * Whole class education/promotion * Working closely with your teachers, parents or carers. * School staff workshops * Whole School assemblies   https://player.slideplayer.com/92/15234128/slides/slide_4.jpg | **WHO ARE YOUR EDUCATION MENTAL HEALTH PRACTITIONERS?**  We are a mental health support service working with children and young people in schools in Shropshire and Telford and Wrekin.  Speak to your teacher to find out more!  C:\Users\slatem\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\18B3BF4.tmp  *“Mental health is like the weather, it is forever changing. Some days the sun will shine, and I will enjoy the warmth. Other days the rain may pour, and I will need to put my umbrella up.”*  *-*Adapted from a young person’s thoughts on mental health |

What can an Education Mental Health Practitioner help me with?