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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 MattersUseful websites* Youngminds.org.uk
* Childrenssociety.org.uk
* Childline.org.uk
* Kooth.com

Speak to your teacher if you think we could support you |

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| C:\Users\hannah.barker\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\Y8FDEC87\Midlands Partnership NHS Foundation Trust Keele RGB Blue (2).jpgMental 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 |
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| * 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?