

### Ealing Mental Health Support Team



Your termly newsletter! Back to school!

### 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 people in Ealing schools.

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

 Worried and present with behaviours that challenge

In secondary Schools, we offer 1:1 support to young people who sometimes feel:

Anxious or low in mood

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

If you have any questions about the above, please speak with your schools Mental Health Link Worker.

### Dates to remember:

**ADHD Awareness Month: October** 

Children's Health Day:

7 October

World Dyslexia Awareness Day:

10 October

Anti-Bullying Week:

11 -15 November

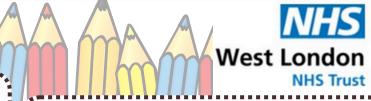
### Your voice matters

You told us that it would be helpful to know more about Autism Spectrum Condition (ASC) in teenagers.
We are delivering a workshop on 25
October specifically in response to your requests. Check it out!

Thank you for your feedback - keep it coming!







### **Back to school**

Going back to school can be a difficult time. Maybe you are worried about having a new teacher, feeling motivated or homework. It's good to remember that these feelings are common.

#### Helpful tips!

- Have you planned your week?
- · Have you got all the things you need
- Do you have any goals for the year
- Who can help you with this?

# Struggling with worries

Searching for the evidence...

**Step 1**. Can you identify a worry or fear that is bothering you?

**Step 2**. Have a think...where is the evidence that this worry or fear will come true?

**Step 3**. It is very likely that this worry won't come true, but even if it does, remember that you can get support and manage it!

## What you have to say about our workshops:

"Thank you for these sessions. They are such a great service."

"I feel as if, **they know what I am going through**, perfect details ."

"I found the workshop interesting to listen to. Wish I'd had this info when my kids were in primary school. "

## Upcoming parent workshops

### September:

25 Sept Adolescent exam stress, 11am

#### October:

3 Oct Settling into secondary school, 10:30am

11 Oct Supporting positive behavior in children, 12midday

25 Oct ASC in adolescents, 11am

#### November:

12 Nov Mental Health in Adolescent boys, 12midday 15 Nov ASC in children, 11am

#### December:

2 Dec Child Anxiety, 11am 13 Dec Understanding behaviour for children with SEND,11:30am

Sign up here

## Talking to your child about the news

A lot has happened across the world during the summer holidays,

Here are some tips around having conversations about difficult topics.

- offer reassurance and be truthful about what's happening
- manage your own emotional response
- encourage compassion
- Fact check and check back in

How do you explain upsetting news to children? (bbc.co.uk)



