

# Ealing Mental Health Support Team

January 2025

Your termly newsletter!

## Who are we?

We are the Ealing Mental Health Support Team (MHST). Our Wellbeing Practitioners support the wellbeing of children and young people in education settings (Primary and Secondary) across the Ealing borough.

## Is your child :

Demotivated? Anxious?  
Stressed? Worried? Sad?  
Irritable? Low? Experiencing  
Panic? Tired or lack of energy?



## Who can we support?

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

### anxious

- specific phobias
- excessive worrying
- separation anxiety
- avoiding places/situations

### or have behaviours that challenge

- emotional/physical outbursts
- difficulties with siblings/relationships
- difficulties following routines/instructions

In Secondary Schools, we support young people who sometimes feel:

### anxious

- stress about school/exams
- worries about social situations
- specific fears or phobias

### low mood

- feeling sad or tearful
- not wanting to do activities they 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.

## Dates to remember:

Children's Mental Health Week - 3rd-9th Feb  
Eating Disorders Awareness Week 2025 -  
Monday 24 February to Sunday 2 March  
2025.  
Time to Talk Day 2025 - Thursday 6th  
February.

## You asked, so we did! We Heard You, Parents!

You told us you wanted practical support to help your child sleep better and manage healthy tech use at home—and we've got you covered!

We're excited to introduce our two new workshops topics, '**Supporting appropriate technology use**' and '**Sleep and low mood**'. Don't miss out—sign up today.



## Exams Don't Have to Be Stressful—Here's How to Help

Exams can feel overwhelming for kids and parents alike. While we all want our children to succeed, focusing on support over pressure makes a huge difference. Let's turn exam season into an opportunity to build resilience and confidence.

### Top Tips

- Listen up! Make space for their concerns without judgment.
- Balance is key. Encourage breaks, exercise, and time with friends.
- Spot stress signs. Pay attention to changes in mood or behaviour.
- Walk in their shoes. Try to see things from their perspective.
- Team up with school. Don't hesitate to seek guidance or resources

Remember, your encouragement can be their superpower! For more insights, check out [Parent kind's guide to Exam Stress and Failure](#).

### Low Mood and Depression: Small Steps, Big Changes

Sometimes, our kids feel stuck in a cycle of sadness or lack of motivation—and that's okay. The first step toward feeling better? Action. Even small changes can have a big impact on their mental well-being.

#### Ways to Support Your Child:

- Help them rediscover hobbies and activities they enjoy.
- Talk about their values and dreams for the future.
- Encourage turning their values into meaningful, everyday actions.
- Support them in doing more of what brings them joy and purpose.

Together, we can help our kids move from "stuck" to unstoppable! Approach the Link worker at your child's school for more information.

## What you have to say about us:

'The work MHST is doing is brilliant, it's such an amazing opportunity for parents to learn more about their children'. **School Governor.**

'I have learned how to deal with situations in a calm way and manage difficult behaviour'. **Parent accessing a MHST online workshop.**

## Upcoming Workshops

[Sign up here!](#)

### January

Child Anxiety  
Sleep and Low Mood.  
An Introduction to Autism

### February

Supporting Friendship In Children  
Understanding Behaviours in SEND  
MH In Adolescent Boys

### March

Exams Stress  
Supporting appropriate technology use  
ASC Adolescence

## Let's Empower Our Kids: Children's Mental Health Week 2025



1 in 5 children faces mental health challenges—but together, we can make a difference! This year's theme, 'Know Yourself, Grow Yourself,' is all about helping kids and teens build self-awareness to grow into their best selves.

#### How You Can Help Your Child Thrive:

- Start a journaling habit to encourage self-expression.
- Create a safe, judgment-free zone for open conversations.
- Use visuals like charts or mood trackers to explore feelings.
- Practice mindfulness as a family to reduce stress.
- Keep communication open and supportive.

Let's help our children grow stronger, together! Explore resources like the [CMHW Schools Pack \(cmhw-schools-pack-digital.pdf\)](#) to get started.