

## Need help now?

Our teams work 9am to 5pm Monday to Friday.  
If you need to speak to someone urgently about your mental health, please contact:

NHS Single Point of Access: Tel: 0800 011 3474

### Childline

Tel: 0800 1111 or  
Txt: 'shout' to 85258  
[www.childline.org.uk](http://www.childline.org.uk)

### Samaritans

Tel: 116123  
[www.samaritans.org](http://www.samaritans.org)

If you would like help getting in touch with the school's Emotional Wellbeing Team, please fill this out and hand it to a teacher.


Your full name:

Name of teacher:

 Please help me contact the Emotional Wellbeing Team

 [www.nelft.nhs.uk](http://www.nelft.nhs.uk)

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[@kentandmedwaycamhs](https://www.instagram.com/kentandmedwaycamhs)



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Production date: October 2021  
Review date: October 2023  
Ref: 2021047

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## Getting help at school from the Emotional Wellbeing Team



## Who are we?

We are your school's Emotional Wellbeing Team\*. We know, from time to time, people need support with their emotional wellbeing and mental health, so we are here to help.

We're specially trained to share ideas about looking after your mental health, and to offer early help with emotional wellbeing and mental health difficulties.

Getting the right support early can help prevent problems getting bigger, so you can enjoy school, home, time with families and friends, and other activities.

## Who can we help?

We can work with all students by supporting your school to promote emotional wellbeing and mental health across the whole school community.

We can work with you in groups or 1:1 sessions to support you with more specific difficulties.

## How we can help

There's a number of ways we can support you, including:

- Whole school activities and workshops to promote emotional wellbeing and increase your understanding of how to take care of your mental health
- Smaller group and 1:1 sessions for young people with difficulties such as anxiety, exam stress, problems with sleep, and low mood.

Make sure to look out for our upcoming workshops and groups.

\*Emotional Wellbeing Teams are a government initiative also known nationally as Mental Health Support Teams.

## How to get support

If you would like support with your emotional wellbeing, please **speak to your school's Emotional Wellbeing Practitioner** or a member of staff at school.

You can also find us by calling the NHS Single Point of Access on: **0800 011 3474** (select option 1, then option 3).

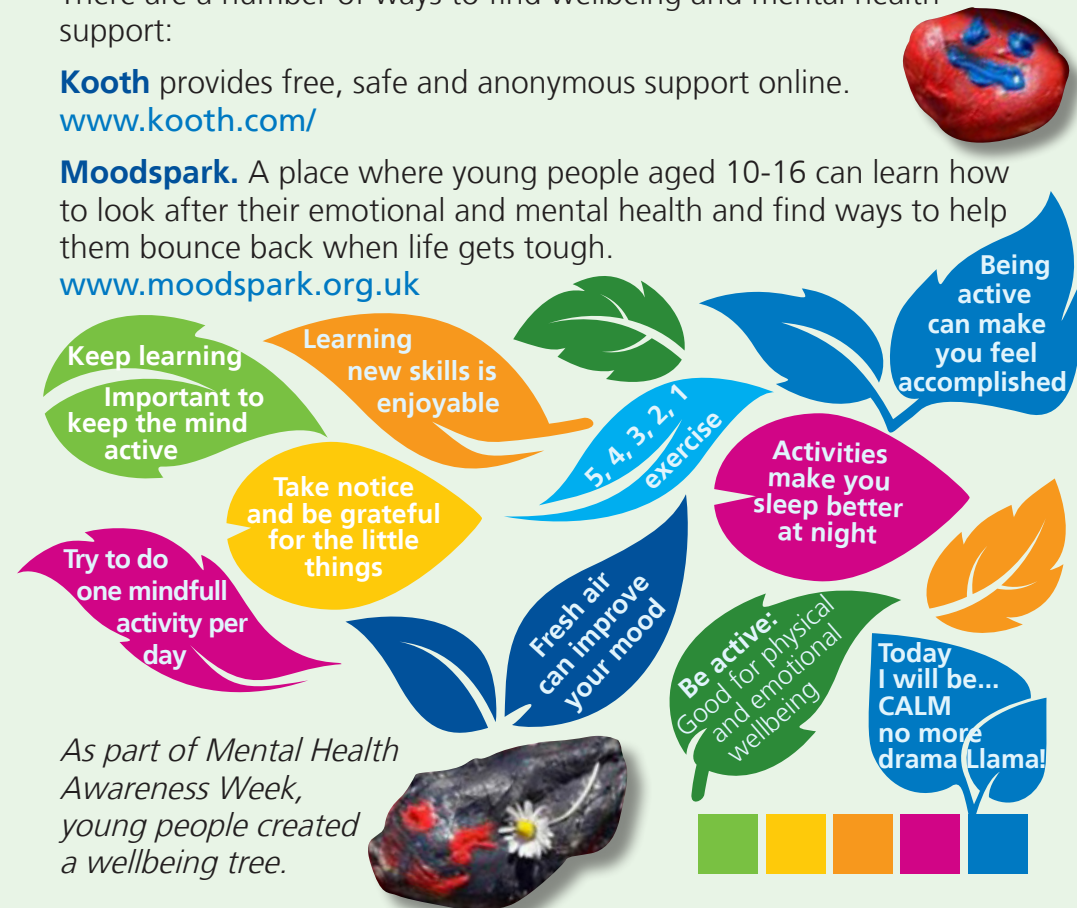
You can find more details of other ways to find wellbeing and mental help support below and on the back page.

## How else can I get help?

There are a number of ways to find wellbeing and mental health support:

**Kooth** provides free, safe and anonymous support online. [www.kooth.com/](http://www.kooth.com/)

**Moodspark.** A place where young people aged 10-16 can learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough. [www.moodspark.org.uk](http://www.moodspark.org.uk)



As part of Mental Health Awareness Week, young people created a wellbeing tree.