

Mental Health Support Teams in Schools

MHST Schools in West Essex

January 2026

Issue no. 4

Welcome to MHST Newsletter

Welcome back to a new term.

Our team are very busy in your schools delivering lots of small targeted and whole class groups. We have implemented an expression of interest link as an additional way of referral (Primary Schools only). We hope you enjoy our newsletter.

If you need any help please contact Kelly & Sally MHST administrators: mhstadmin@mindinwestessex.org.uk

Congratulations to our newly qualified Practitioners, Dev, Lily, Carla, Denesha, Eva & Donna



Mental Health Support Teams in Schools



Are you a parent/carer looking for effective ways to help your young person navigate anxiety and manage big emotions?

**Look no further; The Mental Health Support Team
is here to support you!**

Evidence-based interventions, based on Cognitive Behavioural Therapy (CBT)

In **primary schools** we work directly with parents/carers

In **secondary schools** and **colleges** we help young people manage low mood, anxiety and worry

Support in a confidential space in school over 4 to 8 weekly sessions lasting up to an hour

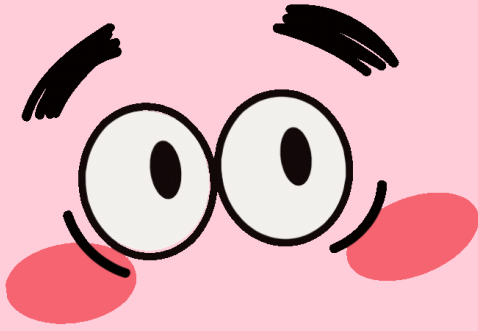
Practical strategies to help manage anxiety and emotional challenges

Helping young people develop coping strategies and take charge of their well-being

To take the first step and find out more, contact the mental health lead in school or email mhstadmin@mindinwestessex.org.uk



Registered Charity No. 1091154



Look out in your schools for:

Brain Buddies

Emotion Explorers

Mind Masters

Building Positive Relationships

Your child may be invited to participate in any one of these groups, details will be sent to you via school.



**Coffee Mornings ,
assemblies and parent
information sharing**



**Children's Mental Week 9th
February - 13th**

Look out for assemblies, activities and story time in your children's schools.

Introducing Mind Sanctuary

We moved from our old office in Bush Fair Harlow, to a newly refurbished building in Potter street. It was previously a GP Surgery, the Mind team have worked over the last year renovating this wonderful building to make a warm, welcoming and purposeful home for us all.



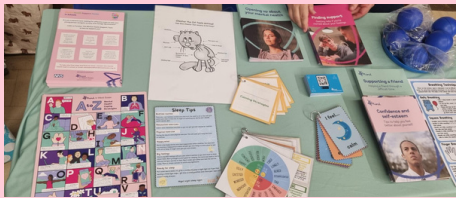
MHST have three rooms to work from, you can also find a drop in centre, counselling service, crisis alternative and volunteer groups here. For more information visit our website:

www.mindinwestessex.org.uk

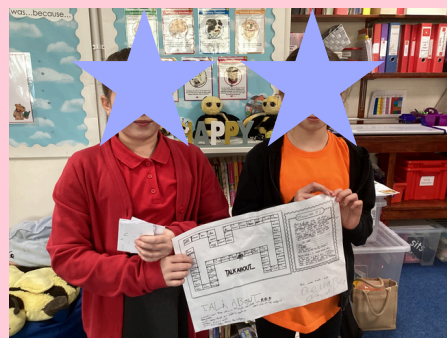
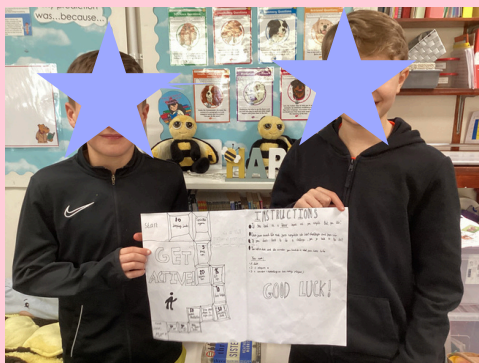
Team Work

MHST attend parents evenings and coffee mornings in schools across West Essex. These are good events to hold so that our team can meet and speak to parents, offer support and advice and information about referring in to our service. So if we are in your child's school please do come along and say hi so that we can introduce ourselves.

Roseacres Reception Parents evening



Team Working with children and 5 ways to wellbeing



EXPRESSION OF INTEREST (Primary School parents only)

A direct referral for parents Information and Link

Are you a Parent/Care Giver looking for effective ways to help your young person navigate anxiety and manage big emotions?

The Mental Health Support Team (MHST) works with your child's school and is here to help you if your child is between the ages of 5 to 11.

About Referrals

- All referrals will be answered within 28 days.
- Each referral is for one child only.
- Sometimes there may be a waiting list at your school.
-

By sending us the form, you are giving us consent to speak with your child's school. The school and the MHST will look at your form together. If the MHST is the right service, the school will make a referral for you.

If it is not the best service, other support options will be suggested.

Referral Link

<https://forms.gle/igD2hjAJG2XPMQQ1A>



DO YOU LOVE READING?



JOIN THE
MHST
Mental Health Support Team
BOOK CLUB

Termly wellbeing book
recommendations and conversational
prompts delivered straight to your
email inbox for all ages

Each term receive our MHST bookclub newsletter with 4 wellbeing book recommendations, as well as, prompts and questions to think through and/or discuss with your child. Each month book recommendations will be made for each of these age groups:


- 5-8 years old
- 9-12 years old
- 12-14 years old
- 15-19 years old



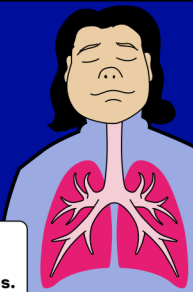
To sign up to the newsletter
scan this QR code or email
mhstharlow@mindinwestessex.org.uk

A to Z Mental Health Coping Strategies

A Ask for help.
Can we Talk?



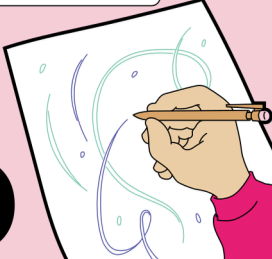
B Try some breathing techniques.



C Cuddle up with a cosy blanket.



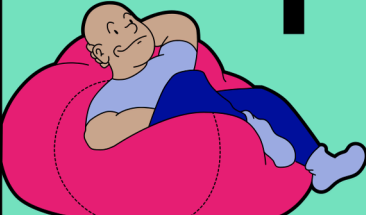
D Draw how you are feeling.



E Exercise; exercise releases feel-good hormones



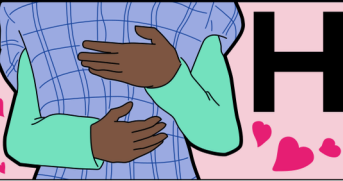
F Find a cosy space to relax in.




G Give; give your time to volunteer or give a smile to a stranger



H Hug; hugging a loved one for 20 seconds every day can improve your mood as this act releases the bonding hormone, oxytocin. This hormone can slow your heart rate down and improve your mood.



I Ink; write your feelings down. It is a great way to get negative thoughts out of your head.



J Jogging; get out for a run and boost your mood through exercise.




K Keep learning; check out the Mind Academy for free courses and to learn more about how to support yourself.



L Laugh; watch a funny film or joke with friends. If you really want to stretch yourself - try laughter yoga.



M Meditate; take time to explore youtube for a guided meditation video that suits you.



N Take a Nap; rest when you need to and listen to your body. Try to limit napping to 20 minutes.




O is to try an Outdoor yoga pose.



P is for phoning and connecting with family and friends.



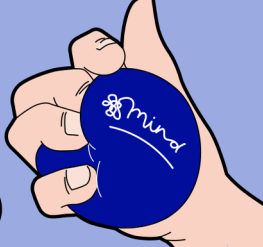
Q is for you to quickly jump up and down on the spot for 1 minute. This can help to reduce stress levels and physical symptoms of anger.



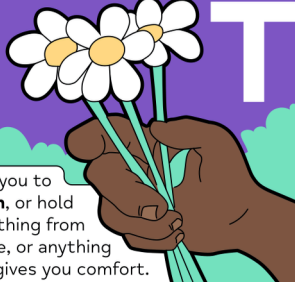
R is for reading a book about emotions/feelings.



S is for you to squeeze a Mind stress ball.




T is for you to touch, or hold something from nature, or anything that gives you comfort.



U is for unwind, with a relaxing bath, mug of hot chocolate or some relaxing music.



V is for vegetable. Why not try growing your own? Taking care of a plant and watching it grow can contribute to positive wellbeing and give you tasty food to eat too.




W is for walk, take a walk around your local neighbourhood and find something new.




X is for X-box. Take time to connect with your friends whilst playing your favourite game.



Y is for You Got This. Look in the mirror each day and say something encouraging or kind to yourself.



Z is for zzz... Make sure you're getting enough sleep each night and remember, teenagers need more sleep!





Become a befriender!

We need more befriender volunteers in West Essex.
Can you spare 1 hour a week to make a real difference
to someone's life? Get involved today!



What our befrienders say

“It enriches my life too!”

“What a very rewarding
volunteer role to be in!”

“It has helped fill a void
in my own life.”

Email volunteering@mindinwestessex.org.uk or
visit www.mindinwestessex.org.uk/get-involved

Training and ongoing support provided.

 mind in West Essex

Keeping Myself Safe

non-emergency support

 synergy
ESSEX

0300 003 7777

Specialist community-based service for victims & survivors of all forms of sexual violence and abuse, sexual domestic violence, sexual harassment and child sexual abuse.

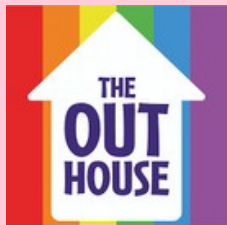
 Families In Focus cic
LOOKING FORWARD TOGETHER

For parent carers & young people with SEND aged 0-25yrs & live in Essex
www.familiesinfocusessex.org.uk

 ChildLine
0800 1111

 shout
85258
here for you 24/7

 kooth
www.kooth.com



Gender identity
theouthouse.org.uk
01206 871394

 YOUNGMINDS
fighting for young people's mental health

Text crisis messenger 24/7 -text YM85258
Parents helpline M-F 9.30-4 0808 8025544

 THE
MIX
Essential support for under 25s

www.themix.org.uk

SET CAHMS - Mon to Fri - telephone: 0800 953 0222

Essex County Council Children & Families Hub - telephone 0345 603 7627

Vita Health (16+) telephone - 0300 0152 966. Self referrals accepted

Family Lives Helpline - 0808 800 2222 askus@familylives.org.uk

IN AN EMERGENCY:

Call 999 or attend A&E
Samaritans telephone: 116 123

 FirstResponse
mental health crisis support available 24/7

Experiencing a mental health crisis or have concerns about someone else?

CALL 111

Select the mental health option