

Mental Health Support Teams in Schools



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

The Mental Health Support Team is here to support you!

We would love to see you at our next **coffee morning**

When?

Monday
2nd March
9am - 10am

Where?

Henry Moore
Primary School
in the small
hall

Refreshments



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

Practical strategies to help manage anxiety and emotional challenges

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

If you cannot make it, contact the mental health lead in school or email mhstadmin@mindinwestessex.org.uk

Information for parent/carers



Registered Charity No. 1091154

