



 **mind** in West Essex

Mental Health Support Teams in Schools

MHST Schools in West Essex

Autumn 2025

Issue no. 3

Welcome to MHST Autumn Newsletter



We hope you all had an amazing summer break and are looking forward to the new Autumn term ahead. Welcome to all the new pupils and parents.

During the Summer the MHST have been delivering workshops for new Year 7 pupils starting Secondary Schools in Harlow.

In Uttlesford we delivered five ways to wellbeing to the children who were at the ACE holiday club.

As we now work 52 weeks of the year, we have been able to support parents across our registered Primary schools during the Summer break, facilitating 1:1 interventions, focusing on challenging behaviour at home and low level anxiety. We look forward to continuing offering support in the school holidays.

We hope you find our Autumn newsletter useful, we have included some information about MHST for anyone new to their school that may not know who we are and what we do.

We are really looking forward to working with all of our schools this year and would like to welcome our newly registered schools to MHST - Chrishall, Rickling, Felsted, Manuden, Matching Green, St Marks, St Andrews and The Alderton Infants.

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

Book Clubs



Join in the MHST Book Club!

The MHST Book Club turned 2 this year! It has 362 parents, young people and education staff signed up across 56 schools in West Essex, and we are continuing to look at ways to reach even more families.

This is a useful resource for anyone who has children and wants to support their child's emotional literacy.

Once a term, you receive a newsletter with wellbeing book recommendations divided into different age ranges, along with some question prompts to support conversations around emotions, wellbeing and more!

If you know anyone who would like to receive this newsletter, or you would like to share this with your own children, you can [sign up here](#).

Book Club Link:

https://docs.google.com/forms/d/e/1FAIpQLSdYI6ytxnn_hoXxsnNiZge3AY4QGEvYsNammek4NB0CYy7PVw/viewform?usp=pp_url



ACE Club

The team have been visiting the ACE holiday club at Katherine Semar during the Summer. Hosting one session per week, they have been helping the children understand the 5 Ways to Wellbeing, running interactive, fun sessions.



Connect



Give



Active



Notice



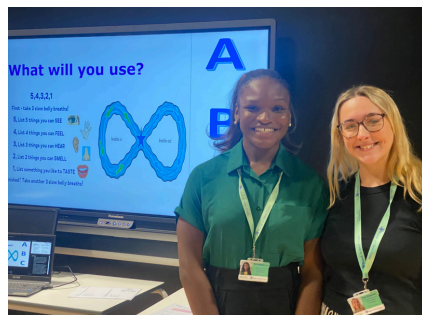
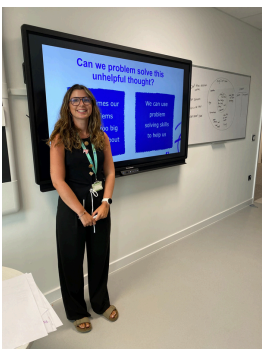
Keep Learning



Think & Thrive Workshops for joining Yr 7 pupils at Burnt Mill, Passmores & Sir Frederick Gibberd

Our team presented to the new year 7's. Over 2 days, the team shared strategies and problem solving with the pupils. The workshop was all aimed at getting the best start in Year 7.

- To understand our thought patterns
- To think about things that are in our control and not in our control
- To learn how to problem solve thoughts that are in our control
- To learn some coping strategies
- To get the best start for year 7





**Huge Congratulations to
Theresa, Gaye & Charlotte, Samantha & Shereen
who have all graduated recently**



**Post graduate Diploma Evidence-based
psychological Treatments for the education setting**

**Theresa, Gaye & Charlotte
Postgraduate Certificate for the Supervision for Children
&
Young People's Improving Access to Psychological
Treatments**



**No Picture of Charlotte as she is on maternity leave. Baby Elliott
was born in July and has been a wonderful addition to the family.**

What is happening this term for you to be involved with ?

Online Parent Workshop November 2025 'Helping Your Child with Fears & Worries'

Details on how to register will be sent to the school shortly



Mental Elf Run



About the event

Lace up your running shoes and join us for the most joyful event of the season – Mental Elf Festive 5 km Fun Run in Harlow Town Park! Arrival 11am, warm up 11.45am and run begins at 12 noon. Come together with friends, family, and neighbours to make memories, share laughter, and support mental health awareness. You can collect your Mental Elf Medal as you cross the finish line to the cheer of our spectators and volunteers.

<https://www.mindinwestessex.org.uk/shop/mental-elf-fun-run-2025/>

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.

Mind in West Essex Online Learning Academy

Are you aware that Mind in West Essex has an online learning academy - See link - <https://mentalhealthtraining.org.uk/individual-elearning>

There are many online courses, many of which are free of charge. (If your child attends a school we work with you can also access the following three courses for free with a voucher). If you are interested and would like a voucher please email mhstadmin@mindinwestessex.org.uk and we will send you a form to complete.

We have 3 courses that could be of interest:

- Eating Disorders & Mental Health
- Early Years Parenting
- Supporting teenagers emotional wellbeing



Eating Disorders and Mental Health

Eating disorders are complex mental illnesses and are rarely just about food. CPD Certified.



Supporting Teenagers Emotional Wellbeing Course

This course is designed to give parent/carers an understanding of the pressures that teenagers are under and how that may affect their mental health. Content includes common mental health problems, self-harm and suicide and some straightforward and effective ways to help them, and you, make changes that can make tricky times easier.

Early Years Parenting Course

This course is designed to give parents an idea of the various factors affecting child development. The role parents can play both positive and negative and possibly to get parents talking about their ideals of raising a child.

Explore infant/toddler/child emotional development and how parents can positively influence toddler/child behaviour and relationships.





How we can help

We can experience many challenges when we are feeling unwell and getting the right support can seem daunting. It can be difficult to see the wood for the trees and so we offer a range of services to assist with the journey of recovery.

You might be feeling overwhelmed, worried, numb, scared, lonely, angry and more. With our emotional support through Counselling, Life Management Skills and our Bereavement service we are here to help.

For more practical issues such as completing forms or returning to work our Wellbeing Assistant support may help.

If you are not sure what is best you can always give us a call on 01371 876641 to discuss the options. You are not alone.

Please use the link below to access the Mind in West Essex Website where you will find information about Mental Health Support and making a referral for counselling:

<https://www.mindinwestessex.org.uk>



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

SHOUT

- Text 'SHOUT' to 85258 (free, anonymous text crisis messenger, 24/7)

Kooth.com

- www.kooth.com for free, safe, anonymous online mental health support and counselling (age 10-25, 7 days a week until 10pm)



Free Apps

Helps reduce urges to self-harm and manage emotions in more positive way.

Guided exercises using CBT principles to help manage physical, thought-based and emotional or behaviour changing elements of anxiety.



shout
85258

kooth
The Mix

Telephone support 3pm-12pm everyday
0800 808 4994

Text crisis messenger 24/7 to 85258
Webchat support www.themix.org.uk/get-support/speak-to-our-team

Childline

1:1 telephone counselling 9am-midnight
everyday 0800 11 11

Switchboard

Confidential service available 10am – 10pm,
every day 365
days a year. Service provides a safe space
listening service via
telephone, email or online chat.

In an emergency

Call 999 or attend A&E



Samaritans

- Telephone support 24/7 on 116 123
- Email support jo@samaritans (24hr response time)