

January 2023



Who are we?

We are a team of **wellbeing practitioners** partnered with secondary schools across the borough of Ealing. Our service is designed to support the wellbeing of young people in schools as well as school staff themselves. We provide a whole school approach to delivering mental health support **at the first signs of difficulty** to prevent future problems and promote overall emotional and mental wellbeing.

The new Assistant Educational Psychologists have joined the team and offer a whole school approach to emotional wellbeing and mental health.

What do we do?

We work directly with young people in secondary schools offering **support programmes** for anxiety, worries and for low mood. We also organise **workshops and groups** throughout the year on various topics.

Who can we support?

We support young people who sometimes feel **anxious** (e.g. experience stress about school or exams, worries about social situations, specific fears or phobias) and young people experiencing **low mood** (e.g. feeling sad or tearful, not wanting to do activities you 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.



Are you feeling...

Demotivated?

Stressed? Anxious? Sad?

Worried about
taking part in
activities or
lessons?

Irritable?

Scared in certain
places or situations?

Tired or lack of
energy?

Panic?



Dates to remember

- **02/02/23:** Time to Talk Day
- **06/02/23 – 12/02/23:** Children's Mental Health Awareness Week
- **27/02/23 – 05/03/23:** Eating Disorder Awareness Week
- **01/03/23:** Self Injury Awareness Day
- **13/03/23 – 19/03/23:** Neurodiversity Celebration Week
- **17/03/23:** World Sleep Day
- **27/03/23 – 02/04/23:** World Autism Acceptance Week

Think this might be for you?

If you are interested, please contact your school who will talk to you about making a referral to our team.

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Keeping Well In Winter

Going back to School can be a difficult time for many young people, particularly in winter when the days are shorter and the weather is colder and wetter.

You may find that you've been finding it difficult to sleep, getting irritable with people faster than usual, being less social, struggling to focus, eating more, feeling tired and low on energy with less motivation, negative thinking and feeling low/sad.

These feelings are common, and we can do things to help yourselves to feel better.

Self-Care Ideas

Spend evenings doing positive things such as: painting, sewing, baking/cooking, bubble baths, podcasts, reading, quality time with family, connecting with friends, meditation, exercise, planning your following day, journaling, music.

Helpful Apps



headspace



Want support now?

The Mix - www.themix.org.uk: Free information and support for under 25s in the UK.

Call: 0808 8080 4994 or [chat](#) to a trained supporter online (4pm-11pm, every day)

Samaritans - www.samaritans.org: A 24-hour service offering confidential emotional support to anyone who is in crisis. Call: 116 123 (24 hours a day, every day) or Email: jo@samaritans.org

Young Minds - www.youngminds.org.uk: Information for young people about emotions and mental health. Text: 85258 (24 hours a day, every day)



Whats on offer?

31st January - Keeping Well Workshop

24th February - Exam Stress Workshop

3rd March - Sleep Hygiene/Low Mood Workshop

Want to know more? Please email:

Ealing.mhst@nhs.net

Helpful Tips



Switch off devices 1-2 hours before bed to unwind and create a ritual including calming activities (e.g. reading, bubble bath, meditation, journaling).

Limit social media usage such as Instagram and TikTok. Avoid endless scrolling!

Make an effort to maintain the healthy relationships in your life. Get creative if you can't always meet in person.