

Who to contact in a crisis

If you think your child is experiencing a mental health crisis call NHS 111 and select the mental health option to speak to an NHS professional.

For life-threatening emergencies call 999.

Other useful resources:

Just One Norfolk - information on health and wellbeing for children, young people, adults, professionals and schools:

<https://www.justonenorfolk.nhs.uk>

Kooth - free, safe and anonymous support: <https://www.kooth.com>

Young Minds - free help and advice:

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

MindEd - a free educational resource on children, young people, adults and older people's mental health:

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



Mental Health Support Teams

Supporting young people in education (aged 11-18 years)



Mental Health Support Teams can offer support to help with a young person's worries or low mood. This leaflet provides information about who our support is aimed at and what support we can offer you.

For more information, or to access our service, please speak to the young person's form tutor, head of year, or school mental health professional/pastoral care lead.

Worries

Who the support is aimed at:

- Young people may experience feelings of worry, fear, and panic. We all feel anxious from time to time. It can become a problem if a young person feels worried all the time, or their worries get in the way of the things they enjoy doing. This could be a sign that they might benefit from some support.

This support is for young people up to 18 years old who may be:

- Anxious, such as being fearful of certain situations
- Worried about issues such as friendships, schoolwork, or exams

We will help to equip young people with the tools and skills needed to manage their fears and worries.

Support we can offer:

We offer young people 6 to 8 sessions. These sessions involve guided self-help, Cognitive Behaviour Therapy (CBT) based intervention. This is offered 1:1 either in person or online via video-call. Sessions include:

- Identifying difficulties
- Understanding worry and its impact
- Trying out new things
- Facing fears
- Creating a staying well plan

It is important for the young person to practice the new tools and skills between sessions. This will help the intervention to work as best it can.



Low Mood

Who the support is aimed at:

Anyone can feel sad or low, especially after difficult situations or life changes. It can become a problem if they feel low for an extended period and are not sure why. They may also start to retreat from the things they enjoy or should be doing. This could be a sign that the young person may benefit from support.

Support we can offer:

We offer 6 to 8 sessions of the evidence-based Behavioural Activation (BA) intervention. This works by using behavioural change to address feelings of low mood. This is offered 1:1 either in person or online via video-call. Sessions include:

- Psychoeducation
- Activity log
- Life areas, values, and activities
- Activity selection
- Creating a staying well plan

For the intervention to work as best it can, it is important to give time to implementing the new tools and skills between sessions.

For more information, or to access our service, speak to the young person's form tutor, head of year or school mental health professional/pastoral care lead.