

INSIDEOUT

Mental health
support team

Mental health is about the interaction of thoughts, feelings, and behaviours. By accessing the mental health support team, we can help you get what's going on inside, out!

Who are the InsideOut Team?

The InsideOut Team are the South Tees Mental Health Support Team. We will work with, and in schools, supporting children and young people experiencing mild to moderate mental health issues, through the whole school approach to mental health and wellbeing.



What can we help with?

Requests for support will come from the school to the InsideOut team via weekly in school meetings. Appropriate referrals for one-to-one support may include children and young people who are experiencing difficulties with:

*Anxiety * Panic * Low Mood * Phobia * Behaviour * Emotional Literacy*

*Fears and worries * Social Skills * Resilience * Family Check Up * Parenting when separated*

Parenting under pressure – mentalization based therapy

Other support available following a request for support being submitted to the InsideOut Team via the in-school meetings could include:

*Group support * Staff Workshops & Training * Parent consultation*

In-School Awareness Raising/Promotion * School Assemblies

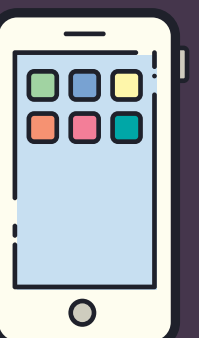


Tips for parents

- Talk openly about mental health, just as you might encourage your child to eat fruit and veg to keep their bodies healthy.
- Listen and empathise, often the first step to feeling better is feeling connected and knowing that someone is alongside you.
- Practice skills together in between sessions and encourage your child to complete home tasks.
- Communicate any concerns or need for support with your child's school Mental Health Lead.

Getting Advice

- * KOOH - www.kooth.com * MindEd - www.minded.org.uk * Rethink - www.rethink.org *
- PBis - www.pbis.org * Young minds- www.youngminds.co.uk * Qwell - www.qwell.io
- Getselfhelp- www.getselfhelp.co.uk * HeadStart-www.headstartsouthtees.co.uk
- * TEWV Recovery College On-line - www.tewv.nhs.uk/services/arch-recovery-college *



How to contact us

We need your support to shape the best care! Your feedback will help shape a service that benefits the wellbeing of children and young people. If you would like to have your say, or have any other questions please contact us.



Email: info@insideoutmhst.co.uk



Tel: 01642 505580 (Option 3)

