



**BaNES
Mental Health
Support Team
(MHST)**



Mental Health Support Team

Information for children
What we do and how we can help you

Your teacher or school nurse
can tell you more



We can help you understand how to manage difficult thoughts, feelings and behaviour.

We can also support your parents/carers and your teachers to give you the help you need.



Our education mental health practitioners will meet with you 6-8 times, either on your own or with your parent/carer. They will help you to start feeling better.



We can help you with difficult feelings such as feeling sad, worried, scared or angry.



We can also help you with difficult thoughts about yourself or other people.



We can help you with your behaviour. You might be finding it difficult to sleep or controlling your emotions.



Our support workers can work with your school to help you and your classmates understand mental health and how to look after yourself and each other eg.by doing assemblies.

What our team can help you with:

- Feeling down or sad.
- Friendship difficulties
- Difficulties managing your feelings or controlling your anger.
- Feeling better about yourself.
- Worries about spending time with other people.
- Worries about your health.

How we can help your school:

- Making resources to use in class or to help individual children
- Help make sure everyone in school is helping you and your classmates to stay well and happy.
- Help you to have a say about what you need to stay well.
- Run assemblies and groupwork.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，
請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

Mental Health Support Team (BANES)

Child & Adolescent Mental Health Service.

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Temple Court

Bristol

BS31

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Speak to: Clinical Manager- Naomi Oliver

Working hrs - (Mon-Wed 9-5pm)

Referral via: oxfordhealth.banesreferrals@nhs.net

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