

# RUNNYMEDE MENTAL HEALTH SUPPORT TEAM



## WHO ARE WE AND WHAT DO WE DO?

The **Runnymede Mental Health Support Team (MHST)** works with schools to promote positive mental health and emotional wellbeing among children and young people by:

- Provide individual and group support
- Deliver workshops and assemblies
- Reduce stigma around mental health
- Offer resources and signposting
- Deliver staff training to build confidence in supporting pupils



## WHAT CAN WE SUPPORT WITH?

- Anxiety, stress, and fears (including social anxiety)
- Low mood and motivation
- Sleep difficulties
- Healthy lifestyle and eating habits



## SPOTTING THE SIGNS - ANXIETY

- **Physical:** sickness, headaches, shaky, racing heart, breathlessness
- **Thoughts:** "What if something bad happens?", "I can't cope"
- **Emotions:** worry, frustration, sadness
- **Behaviour:** avoidance, freezing

## SPOTTING THE SIGNS - LOW MOOD

- **Physical:** low energy, poor sleep
- **Thoughts:** "What's the point?", "I can't be bothered"
- **Emotions:** sadness, irritability
- **Behaviour:** withdrawal, reduced self-care

## WHEN TO BE CONCERNED

- Persistent changes in behaviour
- Avoidance of school or social situations
- Changes in sleep or eating patterns
- Low motivation or self-esteem

## HOW TO ASK FOR SUPPORT

Speak to a member of school staff or complete a **Request for Support form**.

The MHST will help guide you to the right support for your child.



## USEFUL APPS AND WEBSITES

Kooth for children aged 10+ <https://www.kooth.com/>

Childline for all ages (under 12s specific website) <https://www.childline.org.uk/kids/> 0800 1111

The Mix for under 25s <https://www.themix.org.uk/>

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

Mindworks Surrey sections for parents and children <https://www.mindworks-surrey.org/>

Catch It App - mood diary developed by University of Liverpool

Cove App - express feelings through music

Clear Fear - anxiety management tools

Headspace App - meditation for a range of ages

