

Runnymede Mental Health Support Team (MHST)



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What does
your MHST do?



- Individual and group support
- Workshops
- Reduce stigma
- Improve Awareness



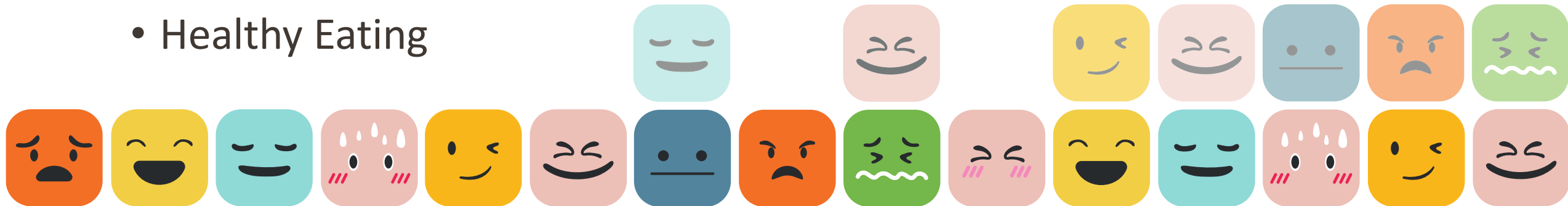
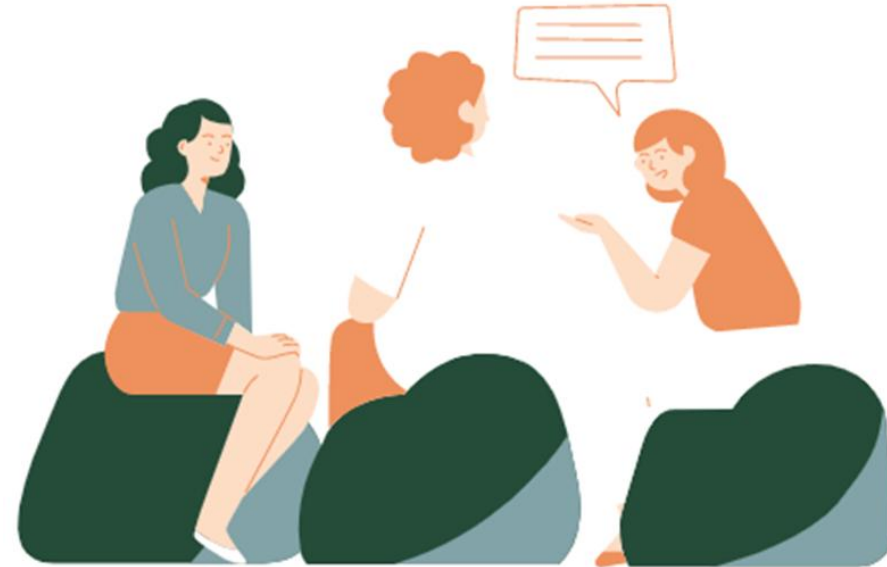
Whole School Approach

- Hearing your views
- Workshops / Assemblies
- Signposting
- Resources
- Reducing stigma
- Raising awareness
- Staff training



We can support with:

- Anxiety:
 - Panic
 - Stress
 - Phobias/Fears
 - Worry
 - Social Anxiety
- Low Mood
- Difficulty Sleeping
- Healthy Eating



How to notice you might be feeling anxious

Physical feelings:

Feeling sick, headaches, shaky, heart racing, harder to breathe, sweaty hands

Thoughts:

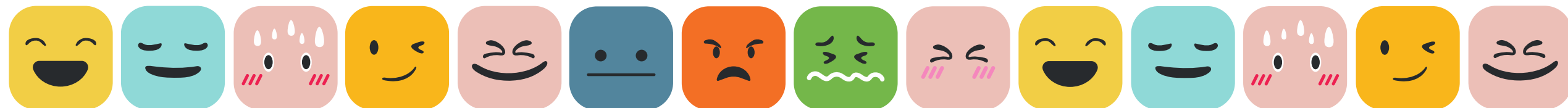
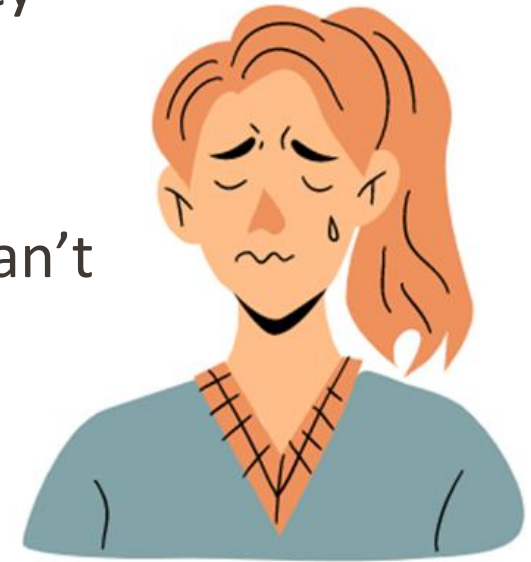
“What if something bad happens?” “I feel bad so it must be bad” “I can’t cope”

Emotions:

Anxious, Nervous, Worried, Sad, Upset, Frustrated

Behaviour:

Avoiding things or situations, Freezing, Doing things to help you cope better.



How to notice you might be feeling low in mood

Physical feelings:

- Lack of energy, poor sleep, lack of motivation, change in appetite

Thoughts:

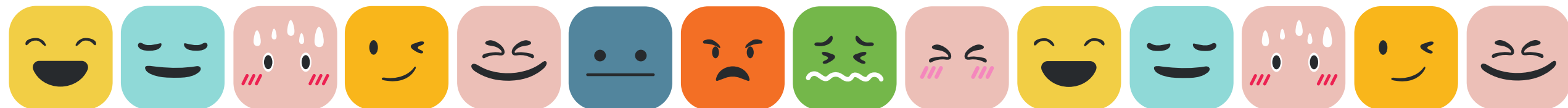
- “What’s the point?”, “I can’t cope”, “I can’t be bothered”

Emotions:

- Sadness, upset, irritable, frustrated, numb, empty

Behaviour:

- Stopping activities you previously enjoyed, avoiding things, stopping taking care of yourself



When to be concerned

When there's been a change in your normal behaviour, its impacting on your daily life, and it has been persistent for a period of time.



Avoiding certain situations

A drop in academic performance

Change in sleep pattern

Change in appetite/ eating patterns

Weight loss or gain in a short period of time

Frequent experience of physical symptoms

Not caring about yourself, others and things

Relationship or friendship difficulties

Lack of motivation

Low self esteem

How to ask for support from the MHST

- Speak to a member of staff, a parent/carer or friend.
- School staff can put you in touch with us, or someone else who can help.
- Complete our request for support form.





Suggested Websites



Any
questions?

Thank you
for
listening!

How have you found
today?
We would love to
hear your feedback.

Use the camera on
your phone to scan
the QR code!

