

March 2023

Who are we?



The Ealing MHST is a service designed to **support the wellbeing of children and young people in education settings** as well as the education settings themselves. We are an early intervention service delivering mental health support **at the first signs of difficulty**, in order to prevent future problems and promote overall emotional and mental wellbeing.

Our team

The Ealing Mental Health Support Team is one of the main providers of emotional wellbeing and mental health services to Ealing schools.

The Ealing MHST consists of trainee and qualified Emotional Wellbeing Practitioners, Art Therapists, Learning Disability and Autism Practitioners, Assistant Educational Psychologists and their supervisors and managers.

We are currently partnered with **70% of Primary and Secondary schools across the borough of Ealing**. We also offer all children and families in Ealing **online mental health workshops**.

Feedback

“Working with the MHST, has been one of the highest impact interventions we have had in school this year.”

“I found the Improving your Child’s Behaviour group really useful. On Friday, my child hugged me for the first time in a very long time.”



What do we offer?

1 to 1 interventions



Mental Health Groups & Workshops

- Young People
- Parents
- School Staff



A Closer Look at what we offer

The MHST offers brief, focused, evidence-based interventions.

These include; up to **eight 1:1 sessions** of **guided self-help** for young people from secondary schools who have difficulties with **anxiety** or **low mood**. We also work with parents/carers of primary school children who have **behaviours that challenge** and **anxiety**.

We also organise **workshops** and **groups**, designed for young people, parents and/or school staff, to promote mental wellbeing and provide strategies for emerging mental health difficulties as part of our **Whole School Approach**.

Think this might be for you?

If you are interested, please go through your school or email Ealing.mhst@nhs.net