

London Borough of

**Redbridge**



# Redbridge Mental Health Support Team



*Our mission is to nurture mental health  
and resilience in Redbridge school  
communities.*

# Welcome to the MHST

## What is the Redbridge MHST?

The Mental Health Support Team (MHST) was established in January 2021 as part of a national initiative to improve the emotional wellbeing of school and college aged children.

Our MHST is made up of Senior Clinicians, Educational Psychologists (EPs), Education Mental Health Practitioners (EMHPs), Senior Practitioners and Assistant Educational Psychologists (AEPs).

## Who do we work with?



We currently work with around a third of Redbridge primary schools, secondary schools and colleges across the borough but our service is expanding quickly so your child's school may become involved in the future. Each school has an allocated Senior Clinician and Education Mental Health Practitioner.

Scan the QR code to see which schools we currently work with.



## #BREAKTHESTIGMA

We are committed to breaking the stigma around mental health so that more people feel able to talk openly and seek help when they need it.

## What do we offer young people and parents?



We deliver a range of brief evidence-based interventions to support children and young people (CYP) experiencing anxiety, low mood and/or behavioural difficulties.

We work directly with students in secondary schools and with parents of primary age pupils.

Our interventions involve weekly sessions with an EMHP lasting 6-8 weeks.

## What do we offer schools?

- Mapping the school's mental health provision.
- Supporting the school's senior mental health leads in positive mental health promotion and whole school approaches to improving emotional well-being.
- Training school staff in topics like trauma informed practice and Emotionally Based School Avoidance (EBSA)
- Helping schools to set up interventions with their students such as peer-support
- Consultation for school staff
- Running group interventions for young people in schools.
- Giving timely advice to school and college staff and signposting to external specialist services.

# Interventions



## What do we offer?

Our EMHPs provide evidence based interventions by working with parents of primary age children and secondary age students. Interventions are typically 5—8 sessions long, following a Guided Self Help format (GSH), a person-led approach that includes tasks to complete in-between sessions. We also use outcomes measures to look at the impact of our interventions; these are questionnaires we'd do with you in sessions.

## Primary Age Interventions

### Child Anxiety

Anxiety is a common emotion that children will feel from time to time.

Anxiety becomes a concern when it impacts a child's day to day life, such as preventing them from enjoying time with friends and family or engaging in school.



#### The intervention:

- 6—8 sessions
- Focus on understanding your child's anxiety and creating a gradual way to face common fears
- Identifying helpful coping techniques
- Home tasks include reading identified chapters of GSH book and supporting your child to face their fears in a gradual way.

### Behaviour Support:

Children's behaviour differs at times due to feeling upset, worried or frustrated. This is healthy and part of normal life.

Behaviour becomes a concern when it is persistent and difficult for both parents/carers and children to manage.



#### The intervention:

- 8 sessions
- Identify techniques to increase and reward desirable behaviour and reduce undesirable behaviour
- Recognise how to manage and understand children's emotions
- Implement behavioural strategies in between sessions.

# Adolescent Interventions

## Anxiety

Anxiety is often described as a feeling of fear or unease – and it's something everyone experiences at times. Feeling anxious is a perfectly natural reaction to some situations. Sometimes anxiety can begin to impact day to day life and prevent young people from doing things such as engaging in school, spending time with family or friends or sleeping properly.



### The intervention:

- Focus on graded exposure to anxiety or strategies to manage worry. Understanding anxiety and how it presents
- How to break the cycle of seeking reassurance or avoiding what worries you
- Identifying helpful coping techniques



## Low mood

Experiencing ups and downs in your mood is normal but understanding why this might be happening can be really helpful, as your mood can influence your thoughts and behaviours. Young people may feel unhappy or irritable and may have less interest in things they previously enjoyed.

### The intervention:

- Understanding low mood and the cycle of low mood
- How to break the vicious cycle of low mood. Finding out what matters to you.
- Identifying helpful coping techniques

# Group Interventions

## What do we offer?

Sometimes it's helpful to hear from others and learn together. We offer group interventions for young people and parents to support in a range of areas. Here are some examples of the types of groups we run.

## Parents/Carers of Primary-aged Children

### Strong Foundations in the Primary Years

For parents/carers of 3-6 year olds experiencing behavioural difficulties, helping parents to support positive behaviour at home and in school.



### Transition Groups

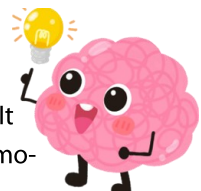
For parents/carers of a child in Year 6, helping them to support their child with managing Secondary School anxiety.

### Child Anxiety Groups

For parents and carers of children with anxiety. These sessions help parents to explore their child's anxiety and encourage brave behaviour.

## Brain Buddies

A whole class emotional regulation group for 9-11 year olds. It teaches children to identify, understand and manage their emotions.



## Young People in Secondary School

### Anxiety Groups

For young people who have difficulty with worries, focusing on understanding anxiety, and identifying unhelpful coping habits. The sessions also provide young people with strategies to reduce worry and increase coping skills.

### Exam Resilience Groups

For young people in Year 11 and Year 13, helping to build resilience and skills to manage exam anxiety.



### Emotional Regulation Groups

For young people who have difficulties understanding and managing feelings. We support by teaching about emotions and providing positive coping strategies.

**Teachers, parents and young people interested in groups should speak to their Senior Mental Health Lead for more information.**

## Additional Interventions

### Worry Management

If worry is having a detrimental effect on your daily life or sleep, Worry Management gives you a set of techniques that are taught to help you worry less and solve practical problems. This intervention takes place over a series of sessions and is offered to secondary age students.

### Sleep Hygiene

Sleep hygiene is knowing what to do to set yourself up for better sleep. We teach you how to improve your bedroom environment and daily and nighttime routines to promote consistent, uninterrupted sleep.

### Panic

Panic is a severe form of anxiety and can lead to panic attacks where you get a rush of intense mental and physical symptoms. They can come on very quickly, for no apparent reason and can feel very frightening and distressing. We teach about panic and how to manage panic attacks alongside our anxiety intervention.

## How to get involved

If you think a child could benefit from our service...



Alternatively, get in touch with us at: [MHST@redbridge.gov.uk](mailto:MHST@redbridge.gov.uk)



# Helplines and Resources

You can find helpful resources online from:

Anna Freud 'On my mind'  
[www.annafreud.org/on-my-mind](http://www.annafreud.org/on-my-mind)



Young Minds  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



Northumberland NHS Self-Help Guides  
<https://web.ntw.nhs.uk/selfhelp>



## Shout (formerly Young Minds Crisis Line)

Text 'SHOUT' to 85258 for free 24/7 text support for people of all ages. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

## Kooth.com

An online service offering emotional and mental health support. Young people can access articles and discussion boards and chat to members of the counselling team.



## HOPELINE UK

**HOPELINEUK** A helpline for young people and people who support them who are at risk of suicide. Call: 08000684141.