

 **Need help now?**

**Our teams work 9am to 5pm Monday to Friday.  
If you need to speak to someone urgently about your  
mental health, please contact:**


**NHS Single Point of Access:** Tel: 0800 011 3474

**Childline**

Tel: 0800 1111 or  
Txt: 'shout' to 85258  
[www.childline.org.uk](http://www.childline.org.uk)

**Samaritans**

Tel: 116123  
[www.samaritans.org](http://www.samaritans.org)

 **If you would like help getting in touch with the school's  
Emotional Support Team, please fill this out and hand it  
to a teacher.**


Your full name:

Name of teacher:

 **Please help me contact the Emotional Support Team**

 [www.nelft.nhs.uk](http://www.nelft.nhs.uk)

 @NELFT

 @NELFT\_NHS  
@kentandmedwaycamhs



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**Getting help  
at school from  
the Emotional  
Support Team**



## Who are we?

We are your school's Emotional Support Team\* . We know, from time to time, people need support with their emotional wellbeing and mental health, so we are here to help.

We're specially trained to share ideas about looking after your mental health, and to offer early help with emotional wellbeing and mental health difficulties.

Getting the right support early can help prevent problems getting bigger, so you can enjoy school, home, time with families and friends, and other activities.

## Who can we help?

We can work with all students by supporting your school to promote emotional wellbeing and mental health across the whole school community.

We can work with you in groups or 1:1 sessions to support you with more specific difficulties.

## How we can help

There's a number of ways we can support you, including:

- Whole school activities and workshops to promote emotional wellbeing and increase your understanding of how to take care of your mental health
- Smaller group and 1:1 sessions for young people with difficulties such as anxiety, exam stress, problems with sleep, and low mood.

\* Emotional Support Teams are a government initiative also known nationally as Mental Health Support Teams.

## How to get support

If you would like support with your emotional wellbeing, please **speak to your school's Emotional Support Practitioner** or a member of staff at school.

You can also find us by calling the NHS Single Point of Access on: **0800 011 3474** (select option 1, then option 3).

You can find more details of other ways to find wellbeing and mental help support below and on the back page.

## How else can I get help?

There are a number of ways to find wellbeing and mental health support in Medway:

**Kooth** provides free, safe and anonymous support online. [www.kooth.com/](http://www.kooth.com/)

**7 Cups** connects you to caring listeners for free emotional support. [www.7cups.com](http://www.7cups.com)

