

Mental Health Support Teams in Schools

Monthly Newsletter

Issue No. 52

May 2024

Welcome to our newsletter



Hello! Hope everybody has settled in from the Easter break.

Harlow Team

We have 3 Children & Young People's Mental Health Support Teams run by Mind in West Essex. The Harlow Team, the Epping Forest Team and the Uttlesford Team.

The Epping and Harlow Team have now combined and run as one big team. The manager is Gaye Johnson, that many of you have met and have known as the Harlow Manager.

This will not affect how the MHST work in your schools, and you will still be able to contact Kerry Lawson for any queries you have.

We would also like to introduce a new member of the team. We welcome Ian and look forward to working with him.



Ian Walker
**Children & Young People's
Mental Health Support Team Clinical Lead**

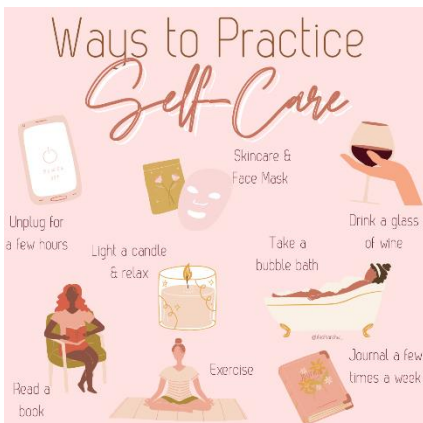
This month our team are delivering the following work:



4 of our Secondary Schools are receiving one-to-one sessions for either Anxiety or Low mood.

Parents in 3 of our Primary Schools are engaging with one-to-one sessions for Child anxiety or Challenging behaviour.

We are delivering groups in 3 of our Secondary Schools (Mind & Mood) and groups in 6 of our Primary Schools (Emotion Explorers or Friendships).



We have had 3 staff wellbeing & self-care sessions that were presented to staff during their staff meeting.

Online Parent Groups



Helping your Child Manage their Fears and Worries

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

Tuesday 4th June - Session 1
Tuesday 11th June - Session 2
Tuesday 18th June - Session 3
Tuesday 25th June - Session 4

13:00-14:30 via Zoom

Challenging Behaviour

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks. This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.

Monday 3rd June - Session 1
Monday 10th June - Session 2
Monday 17th June - Session 3
Monday 24th June - Session 4
Monday 1st July - Session 5
Monday 8th July - Session 6

13:00-14:30 via Zoom



Helping your Child Manage their Fears and Worries

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

Thursday 20th June - Session 1
Thursday 27th June - Session 2
Thursday 4th July - Session 3
Thursday 11th July - Session 4

13:00-14:30 via Zoom

To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code 



If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:
Harlow - mhstharlow@mindinwestessex.org.uk
Epping Forest - mhsteppingforest@mindinwestessex.org.uk
Uttlesford - mhstuttlesford@mindinwestessex.org.uk

There are limited places available so please book your place as soon as possible. If you would like to access the course, but do not have access to the internet, please see your school or contact our team (see above)



We have also got coffee mornings booked with two of our Primary Schools. These are a useful way for the team to meet and engage with parents. We bring with us lots of Mind in West Essex signposting leaflets and information which is useful for the parents' own mental health. We can also answer questions that parents may have concerning their child or any difficult issues they are facing at home.

We held a stall at Harlow College's Wellbeing Fair. These are always a lot of fun and very useful to be able to signpost and provide lots of useful information to the students (and staff!)



The MHST are a 52-week service and so we continue working during the school holidays. We use this time to update our resources, work on new interventions and we join up with existing holiday clubs to run wellbeing activities and crafts.

Over the Easter holiday with have worked with Premier Education – running from Henry Moore School and Making it Mindful – running from Tye Green Community Centre.

Along with a wellbeing activity the children were able to get crafty creating bracelets and keyrings. Along with colouring and creating some beautiful sun-catchers.

We look forward to similar sessions in the Summer Holidays!



Online Academy

Are you aware that Mind in West Essex has an online Learning Academy - see link [Mind in West Essex online Training Academy](#)

There are many online courses, many of which are free of charge.

(If you are a school we work with you can also access the following 3 courses for free with a voucher) If you are interested and would like a voucher please contact mhstharlow@mindinwestessex.org.uk

We have 3 courses that could be of particular interest:

- Eating Disorders and Mental Health
- Early Years Parenting
- Supporting Teenagers' Emotional Wellbeing



Supporting Teenagers Emotional Wellbeing Course

This course is designed to give parent/carers an understanding of the pressures that teenagers are under and how that may affect their mental health. Content includes common mental health problems, self-harm and suicide and some straightforward and effective ways to help them, and you, make changes that can make tricky times easier.

Early Years Parenting Course

This course is designed to give parents an idea of the various factors affecting child development. The role parents can play both positive and negative and possibly to get parents talking about their ideals of raising a child.

Explore infant/toddler/child emotional development and how parents can positively influence toddler/child behaviour and relationships.



Children and young people's local help:

Call **SET CAMHS**: 0800 953 0222

For out of hours contact Mental Health
Direct: 0800 995 1000

Kids Inspire - provide mental health and trauma recovery support for children, young people and their families. Age: from 4 to 21.

Through a range of therapeutic and community activities we promote resilience, self-awareness, and relationship building to empower more positive life choices.

Pact for Autism - small charity who connect a Neurodiverse community of Parents, Carers, Autistic Individuals and families along with the wider community, organisations and services
We are based in West Essex but you can contact us from anywhere.

Jades Pathway - assessment pathway is specifically designed for children aged 2 to 18.

Making a referral - if you feel your child would benefit from having a JADES assessment, please speak to your child's GP (located in West Essex only), therapist, school staff, health visitor or school nurse who can make a referral using the form in the link opposite.

NELFT 

NHS Foundation Trust

<https://www.nelft.nhs.uk/set->

 Kids Inspire
Therapy, opportunity, love & care

<https://www.kidsinspire.org.uk/>


PACT for Autism
Believing...
Parents Adults and Children Together

<https://www.pactforautism.org.uk/>

 | **Essex Child and Family Wellbeing Service**

<https://essexfamilywellbeing.co.uk>

Harlow Foodbank – Provides three days’ nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are a part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.



<https://harlow.foodbank.org.uk/>

YCT - YCT is a counselling and therapeutic support charity. We specialise in supporting children and young people, their families and the professionals who work with them. Age: 5 – 25



<https://yctsupport.com/>

Other support services:

Emergencies:		
NHS 111 Mental Health Crisis Line Dial 111 – option 2 (Age 18+)	999 or attend A&E	Samaritans Telephone support 24/7 on 116 123 Email support jo@samaritans.org (24 hr response time)
Non-emergencies:		
Vita Health (16+) Telephone 0300 0152 966 This is NOT an emergency service. Self-referrals are accepted.	Family Lives Helpline 0808 800 2222 Email askus@familylives.org.uk	Childline 1-1 telephone counselling 9am-midnight everyday 0800 11 11
Young Minds Text crisis messenger 24/7: text YM to 85258 (free from most mobile networks) Parents helpline Mon-Fri 9.30am+4pm 0808 802 5544 (free of charge)	The Mix Telephone support 3pm-12am everyday 0800 808 4994 Webchat support https://www.themix.org.uk/get-support/speak-to-our-team Text crisis messenger 24/7: text THEMIX to 85258	Kooth.com Free, safe, and anonymous on-line mental health support and counselling https://www.kooth.com Age 10-25, 7 days a week until 10pm
Big White Wall – NOW KNOWN AS Togetherall https://togetherall.com/en-gb/ This is FREE for Harlow College students	Essex County Council Children & Families Hub Telephone 0345 603 7627 Mon-Fri 9am-5pm Telephone 0345 606 1212 (out of hours)	

Keeping Myself Safe

Non-Emergency Support

SHOUT

- Text SHOUT to 85258 (free, anonymous text crisis messenger, 24/7)

Kooth.com

- www.kooth.com for free, safe, anonymous online mental health support and counselling (age 10-25, 7 days a week until 10pm)



Free Apps



Helps reduce urges to self-harm and manage emotions in more positive way.

Guided exercises using CBT principles to help manage physical, thought-based and emotional or behaviour changing elements of anxiety.



Telephone support 3pm-12pm everyday
0800 808 4994

Text crisis messenger 24/7 to 85258
Webchat support www.themix.org.uk/get-support/speak-to-our-team

Childline

1:1 telephone counselling 9am-midnight
everyday 0800 11 11

Switchboard

Confidential service available 10am – 10pm,
every day 365
days a year. Service provides a safe space
listening service via
telephone, email or online chat.

In an emergency

Call 999 or attend A&E



Samaritans

- Telephone support 24/7 on 116 123
- Email support jo@samaritans (24hr response time)

Night Owls Info

West Essex Night Owls!

A telephone emotional support service



Open between 5-11pm, 7 days a week

 mind in West Essex

Night Owls is an emotional wellbeing service which anyone can access (aged 18+) by self-referring via our website or scanning the QR code below.

www.mindinwestessex.org.uk/services/west-essex-night-owls-support-line



Once registered our staff will call the service user within 24 hours and then give them a direct line to call between 5pm and 11pm. These are roughly 30-minute calls where we can discuss anything of interest, offer reassurance, support, and listen.

They can also use this number to check if one of our sites has space for them to pop in one evening to visit us.

Our sites are: Harlow, Saffron Walden, Stansted Touch Point or Loughton Seabed Centre.

If you need any further information, please feel free to contact our Sanctuary Manager on 07935059477

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MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY 5PM-11PM

Wellbeing Centre
10-11 Corner House
Bushfair
Harlow
CM18 6NZ

Telephone: 01279 421308

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THURSDAY 5PM-11PM

1 & 2 Bakehouse Court
19 High Street
Saffron Walden
Essex
CB10 1AT

Telephone: 01799 400049

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TUESDAY, WEDNESDAY, SATURDAY 5PM-11PM

The Loughton Seedbed Centre
Langston Road
Loughton
Essex
IG10 3TQ

Telephone: 020 3906 2851

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FRIDAY 5PM-11PM

Touch Point Stansted
Crafton Green House
72 Chapel Hill
Mountfitchet
Stansted Mountfitchet
CM24 8AQ

Fundraising

At Mind in West Essex, we believe that nobody should face a mental health problem alone.

Although affiliated to the charity Mind, we are a local, independent charity.

Nationally, Mind campaigns to improve services and raises awareness of mental health. We are one of 111 Local Minds, that work across England and Wales to provide services to their respective communities.

If you would like to raise much appreciated funds for the charity Mind in West Essex, please let Kerry know and she will put you in touch with the appropriate team.

Abseil 2024

Harlow Tye Rotary Club are hosting another of their Abseil events and you can take part to fundraise for us.

If you are interested, their annual event is taking place on Saturday 18th May at the Affinity Water Tower, Church Langley, Harlow. Entry details and application form are now available on-line at www.bit.ly/Abseil24 or scan the QR code.



Over the years this annual fund-raising event has raised over £1,000,000 for charitable causes.

The Harlow MHST Team:



Ann Creitzman
(Harlow, Epping Forest & Uttlesford)
Operations Manager



Ann Creitzman
(Harlow, Epping Forest & Uttlesford)
Clinical Lead



Gaye Johnson
Team Manager



Kerry Lawson
Team Administrator



Theresa Crumb
Team Supervisor/Practitioner



Michelle Gritton
Team Supervisor/Practitioner



Lauren Gordon
Educational Mental Health
Practitioner



Debi Hunter
Educational Mental Health
Practitioner



Samantha Ashbrook
Trainee Educational Mental Health
Practitioner

If you would like to contact us with any queries, please do not hesitate to either call us on 01279 421 308 or contact Kerry Lawson

email: mhstharlow@mindinwestessex.org.uk or klawson@mindinwestessex.org.uk
or call 07935 067 383



Herts & West Essex
Mental Health Support Teams