

# Lewisham Mental Health Support Team

Parent and Carer Coffee Morning

Introducing the MHST and exploring the early signs of anxiety and low mood



Our Healthier South East London Sustainability and Transformation Partnership



# Ground rules and working together

Have a look at the ground rules below, are there any you would like to add?

Be open with one another

Keep the conversation confidential

Try to remain non-judgemental

Only share what feels comfortable

Try not to make assumptions

Allow others to share their views

Be mindful of language used

Please ask if you are unsure

Please talk to us or use the helpful resource slide for additional help or advice

# Taking care during training



- We will be talking about emotive topics that may have impacted all of us to different extents
- Please tune in to your own emotional responses and take some time away from the training if this is helpful and join again when you feel ready
- Share with care

# Check in: How confident do you already feel?

On a scale of 1 - 10, how confident do you feel about:

- 1. The role of the MHST?
- 2. Spotting the early signs of anxiety?
- 3. Spotting the early signs of low mood?

Lewisham Mental Health Support Team Parent and Carer Coffee Morning (Secondary)







10 Very confident







Harpreet

# We are Lewisham MHST

We are based in schools, working in partnership with school staff, young people, parents, and other local organisations to support young people's emotional and social wellbeing.



# Session aims:



To understand the MHST and its role working with your child's school and you



Aim 2

To be able to spot the early signs of anxiety



Aim 3

To be able to spot the early signs of low mood

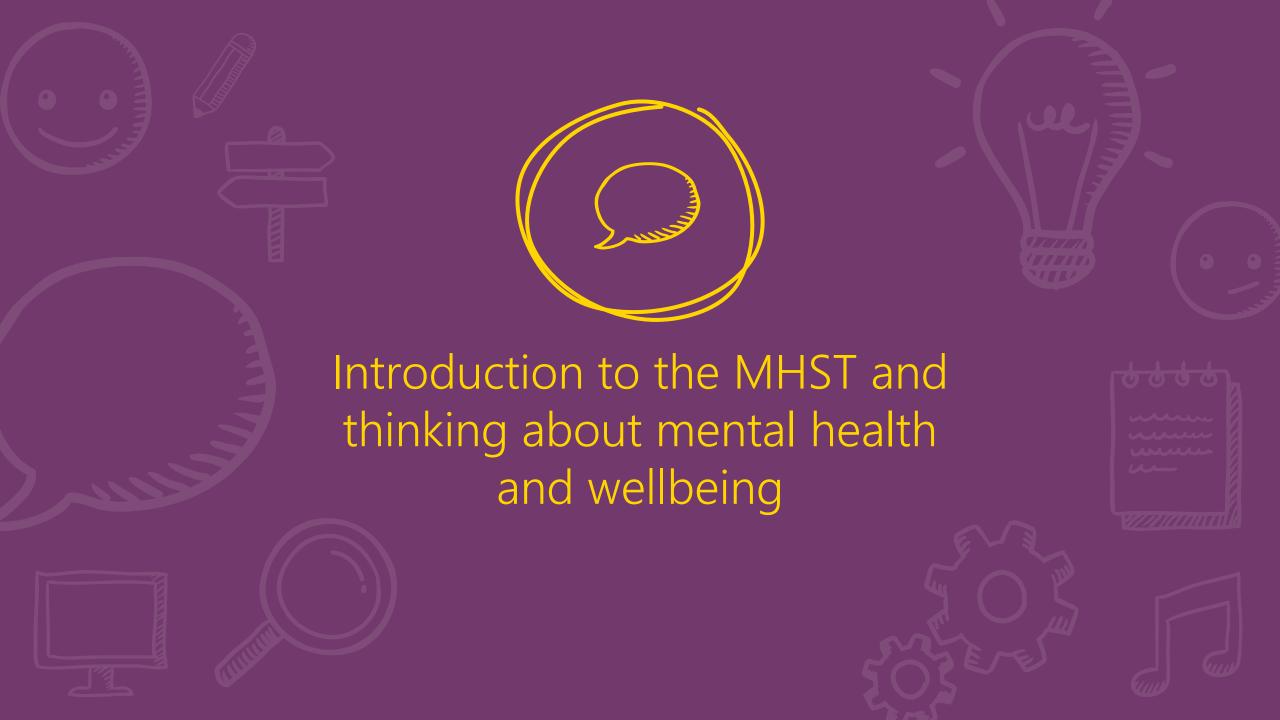
## What won't we cover in these sessions:

This is an introduction session that focuses on introducing the MHST, as well as spotting and acting on signs of mental health and wellbeing needs.

### We won't be covering:

- the theory behind mental health and wellbeing needs
- what you can do to support positive mental health and wellbeing with the children you work with (beyond spotting and responding – which are very important!)

Additional modules are available that delve into the theory about fears and worries, behaviours that challenge (primary), low mood (secondary) and more. The additional modules provide ideas and space to think about what you can do to support your child.



# Lewisham MHST Schools 2023

## **North Team**

### **Central Team**

### **South Team**

### **Cluster 1**

Deptford Park Primary
Myatt Garden Primary
Prendergast Hillyfields Secondary
Beecroft Garden Primary
Prendergast Vale
Prendergast Sixth Form

### **Cluster 2**

St William of York Primary
Kender Primary
Lucas Vale Primary
Twin Oaks Primary
Grindling Gibbons Primary
Lewisham College

### **Cluster 1**

Holbeach Primary
Sandhurst Primary
Rushey Green Primary
Forster Park Primary
Rangefield Primary
Conisborough College

### **Cluster 2**

Turnham Primary
Tidemill Primary
St James Hatcham CE Primary
St Mary's Lewisham CE Primary
St Joseph's RC Primary
St Matthews Academy
Addey and Stanhope Secondary

### **Cluster 1**

Horniman Primary
St Bartholomews CE Primary
St John Baptist CE Primary
Sedgehill Academy
St Georges Primary
Perrymount Primary
Brent Knoll School
Haberdashers Askes Knights Academy

### **Cluster 2**

Athelney Primary School
Elfrida Primary School
Sydenham Secondary
Forest Hill Secondary
Sydenham and Forest Hill 6<sup>th</sup>
Bonus Pastor RC College

# The 3 MHST Functions



# Aims of the MHST

- Better mental health and wellbeing amongst children and young people through early intervention, leading to a reduction in mental health problems extending into adulthood
- Supporting education settings to feel better equipped and supported to provide support to children and young people
- Encouraging children and young people to seek help if required, gaining a better understanding of their mental health and wellbeing needs
- An improvement in appropriate referrals to mental health services
- A more positive experience for children, young people, parents and carers

# Examples of MHST universal and preventative work...

### Workshops and webinars:

- Managing fears, worries and anxiety
- Moving onto secondary school
- Talking about my mental health
- Staff training in managing fears and worries in pupils
- Trauma-sensitive and relational approaches training
- Staff wellbeing

### Groups:

- Year 6 transition groups
- Exam stress
- Pupil voice
- Low mood and anxiety

### Other spaces:

- Staff reflective spaces
- Parent/carer coffee mornings
- Staff consultation



# Mental health and wellbeing can be influenced by and can impact on our...





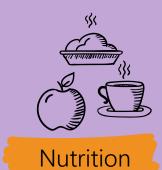




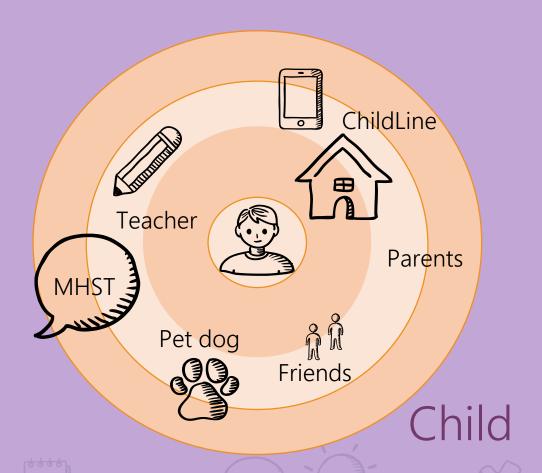






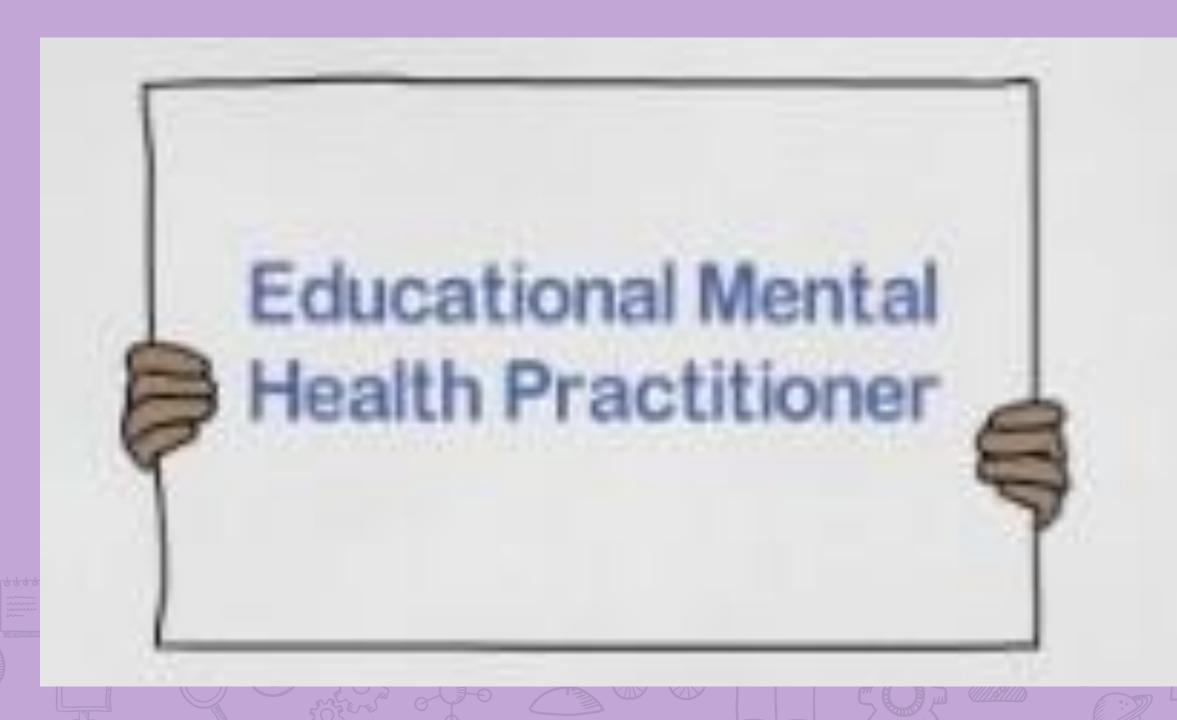


# Back-up Teams





Parent/carers







# Fight, flight, freeze response



## Fears and worries: What to look out for

### **Fight**



- Hot and bothered
- Angry and aggressive
- Controlling
- Lie or blaming
- 'Shouty' and argumentative
- Pushing away friends
- Demanding
- Inflexible

### <u>Flight</u>



- Run away
- Keeping SUPER busy
- Not coping in free time
- Need to be first or at the front
- Bumping into people
- Avoiding tasks and activities
- Baby talk or silly voices
- Hyperactive, giddy & silly
- Hiding under tables

### Freeze

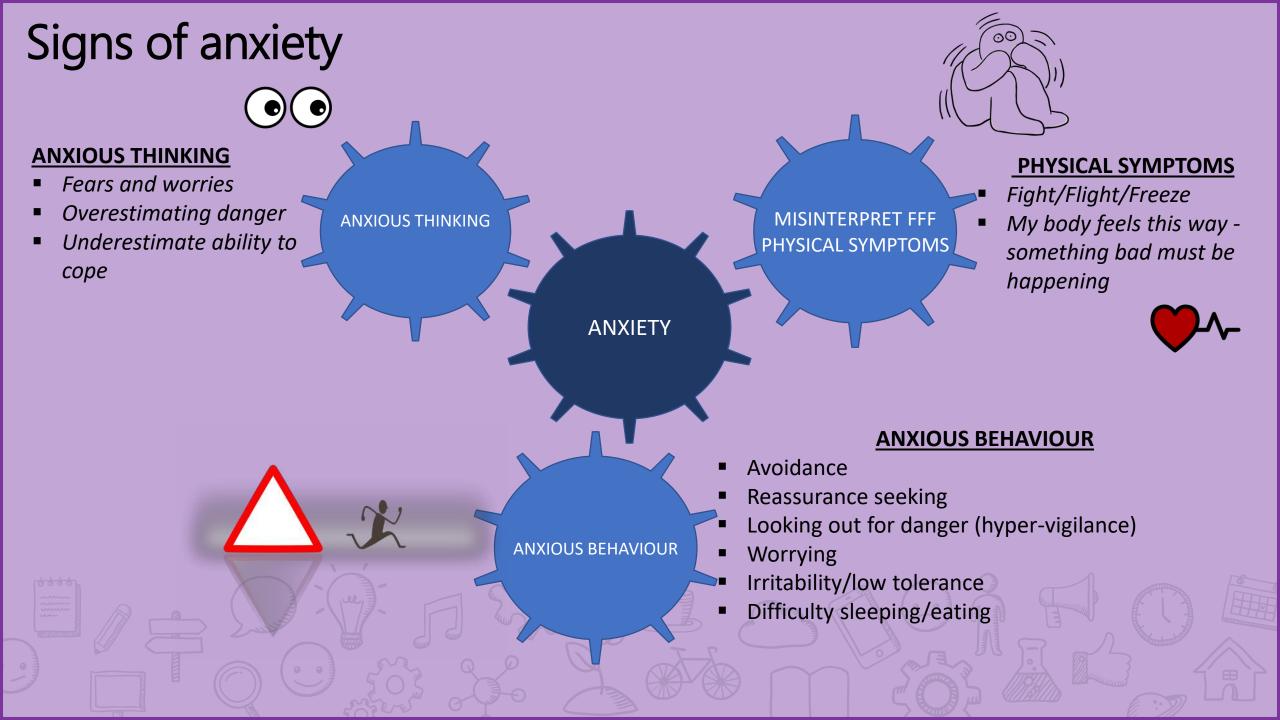


- Not interested, bored
- Confused, forgetful
- Talking about something else
- Hard to move through tasks
- Not listening
- Staring into space, daydreaming
- Clumsy

### <u>Submit</u>



- Socially withdrawn
- Compliant
- Quiet
- Unable to think, just yes or no answers
- Passive
- Resigned
- Neutral expression
- Low mood



# Helpful Questions

Why are you feeling worried?

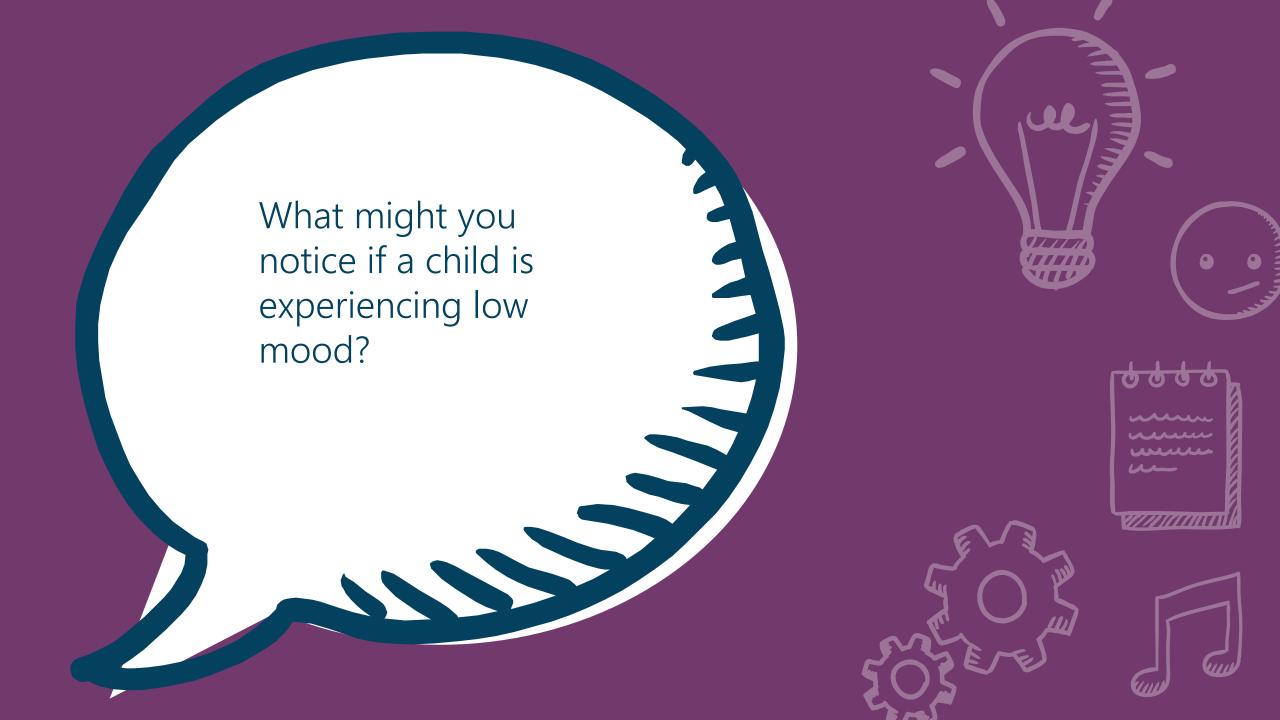
What do you think will happen?

What is it about \_\_\_\_ that is making you worry?

Some children worry about \_\_\_\_ happening, are you \_ worried about this too?

Is something making you feel afraid?

It sounds like \_\_\_\_ has been really tough, and it's been making you feel \_\_\_\_, have I got that right?



Signs of low mood **Self Neglect Do Less** Low **Negative** Energy/ LOW MOOD **Thinking Tiredness** Isolate Withdraw

# STACY

SUBSECULATION AND ADDRESS.

NUMBER OF STREET







# When can anxiety or low mood become a concern?

It is normal to experience some fears, worries anxiety and sadness, but a child or young person might need some support if:

- It is leading to noticeable **upset** overtime for child and family
- It is interfering with everyday life for the child or young person
  - Is it impacting on friendships?
  - Is it making it hard for the child or young person to engage in their school work?
- It persists over time



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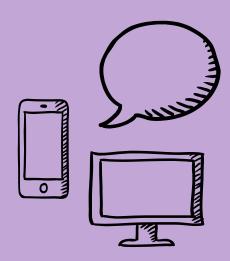


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# Helpful resources:

If you have concerns regarding a young person:

- Your school's Senior Mental Health Lead
- Your child's class teacher
- Emergency services (999) if a young person is in immediate danger



### Supporting your wellbeing:

- Education Support <a href="https://www.educationsupport.org.uk/helping-you/telephone-support-counselling">https://www.educationsupport.org.uk/helping-you/telephone-support-counselling</a>
- Samaritans <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
- Mind <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>

### For more information:

- YoungMinds <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>
- Papyrus <a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>
- ChildLine <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
- Kooth <a href="https://www.kooth.com/">https://www.kooth.com/</a>