



### Hello, my name is Olivia Sibthorp

I am an Education Wellbeing Practitioner, part of the Mental Health Support Team (MHST) that works across primary and secondary schools in Kingston and Richmond, including at this school.

The MHST deliver **short term, evidence-based interventions** for children and young people experiencing **mild to moderate mental health difficulties**, such as anxiety, low mood and common behaviour difficulties.

### What is Mental Health?

We all have mental health and it's just as **important as our physical health** this also includes emotional health or wellbeing so it is important to look after it in order to make the most of your potential and cope with everyday life.

Mental health **affects us all** and we all have periods of time when we feel **stressed, frightened or down**. Sometimes these feelings pass but in some cases they develop into a more serious problem. Mental health changes according to varying circumstances and as you move through different stages of life.

### Behaviour to look out for:

- Becoming irritable, tearful or clingy
- Physical symptoms such as stomach aches and headaches
- Lacking confidence to try new things or seeming unable to face simple, everyday challenges
- Find it hard to concentrate
- Have problems and change to sleeping or eating patterns
- Have angry outbursts or being argumentative
- Have a lot of negative thoughts, or keep worrying that bad things are going to happen
- Start avoiding everyday activities, such as seeing friends, going out in public or going to school

### **MILD TO MODERATE Mental Health Difficulties:**

According to the National Institute for Health and Care Excellence (NICE) guidelines, mild mental health problems are when a person has a **small number of symptoms** that have a limited effect on their daily life.

A moderate mental health problem is when a person has more symptoms that can make their **daily life much more difficult** than usual. A person may experience different levels at different times.

### **HOW CAN MHST HELP:**

For primary aged children, **I deliver parent led guided self help (GSH).** This is a programme aimed at **empowering parents** to use strategies with their child to overcome difficulties with **anxiety or challenging behaviour.** We work with parents because they often play a **central role** in determining the pace and timings of when therapeutic strategies can be implemented at home and are often relied upon to solve practical issues that arise.

### **HOW DO I REFER MY CHILD/GET HELP:**

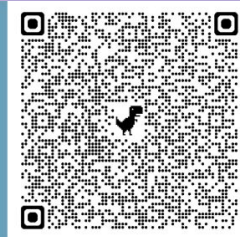
If you have concerns about your child then please speak to the **Mental Health Lead (MHL)** at school, or to your child's teacher, who will pass this on to the MHL.

#### **The Mental Health Lead for Coombe Hill Infants is:**

**Jacqueline Heard**

**To self-refer, please follow the link or click on the QR code below to complete a short online form:**

Mental Health Support:  
Self Referral - Achieving for Children  
[afc-self.achieveservice.com](https://afc-self.achieveservice.com)



### **YoungMinds Parents helpline:**

Call the YoungMinds Parents helpline for detailed **advice, emotional support** and **signposting** about a child or young person up to the age of 25.

Free on **0808 802 5544** from 9.30am to 4pm (Monday to Friday)