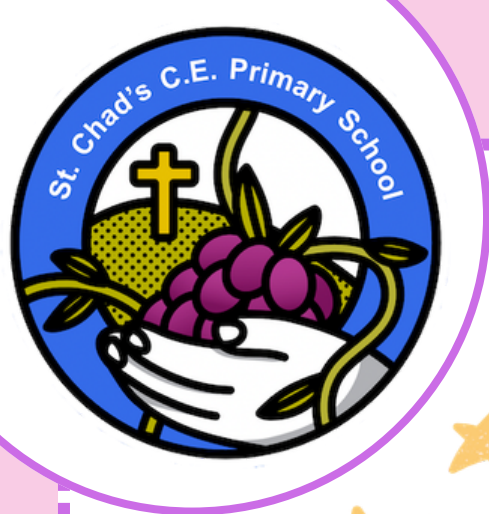




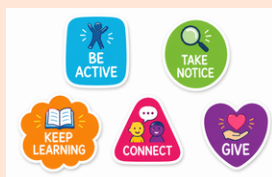
Throughout the year, our Education Mental Health Practitioner, Kathryn, and the wider Mental Health Support Team (MHST) will be working closely with St Chad's to support the mental health and wellbeing of children, families and the wider school community.

Autumn Term

Introduction to the service

5 Ways to Wellbeing: EYFS to KS2

Wellbeing Warriors: KS2



Spring Term

Sleep Hygiene

Feeling the Pressure



Summer Term

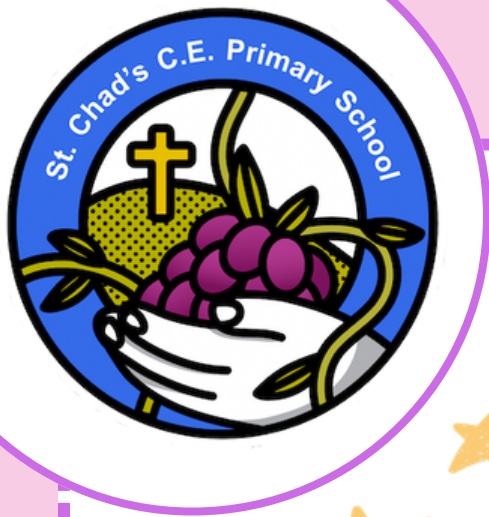
Dealing with change

Social Media and Wellbeing



The Mental Health Support Team will also provide support throughout the year by:

- Attending and supporting Parents' Evenings
- Hosting parent and carer coffee mornings
- Delivering small-group sessions for parents and carers



The Mental Health Support Team (MHST) at North Staffordshire Combined Healthcare NHS Trust provides preventative support and early intervention for children and young people experiencing mild to moderate mental health difficulties. Working closely with schools, families and young people, we aim to promote positive emotional wellbeing and provide support at an early stage.



Our MHST practitioner is:
Kathryn Howden



For any other enquires, please
contact:
MHSTenquiries@combined.nhs.uk

For further support:

