

MENTAL HEALTH SUPPORT TEAMS

Supporting children, parents, carers and education settings

What are the Trailblazer Mental Health Support Teams?

As part of the national trailblazer to improve access to children's mental health services, we are supporting educational settings to develop their whole school/college approach to mental health and well-being, delivering evidence-based psychological therapies and supporting the development of pathways to external services including our specialist CAMHS Services.

The Mental Health Support Team will be working in partnership with Tees, Esk & Wear Valley (TEWV) NHS CAMHS and Local Authority / Early Help services.

The service will be available to children and young people who attend selected trailblazer education settings covering ages 5-18 in Hartlepool and Stockton.

Roles within the Mental Health Support Team include:

- Education Mental Health Practitioners
- Child Psychological Well-being Practitioners
- Therapeutic Parenting Intervention Practitioners

What can we help with?

Our Mental Health Support Team can help with mild to moderate mental health problems such as:

- Anxiety and worry
- Low mood/depression
- Challenging behaviour
- Sleep hygiene
- Exam stress
- School transitions

INTERVENTIONS

COGNITIVE BEHAVIOURAL THERAPY (CBT)

BEHAVIOURAL ACTIVATION

PARENT-LED CBT

THERAPEUTIC PARENTING PRACTITIONER SUPPORT

SMALL GROUP WORK AND WHOLE CLASS MENTAL HEALTH WORKSHOPS



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How you can support your child

- Emotional health & well-being difficulties such as anxiety, low mood, worry and stress are on the increase and experienced by many of our children and young people. It is important to encourage them to engage with mental health support, by talking and listening to any questions or worries they may have.
- Ask them how they are feeling and have open conversations around mental health. This can help to normalise discussing our feelings and help them to understand that we all have mental health.
- Support and encourage them to complete home tasks that are given to compliment our interventions. You could set time aside to talk and complete the home task together each week.
- Communicate with school/college and your Mental Health Support Team if you have any concerns or would like extra support.

“I was made to feel important and always felt listened to”

Experience of a Trailblazer service user

Find more information on our website

www.alliancepsychology.com



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