

Nottinghamshire Mental Health Support Team



Who are we?

The MHST work with young people, families and schools to improve the emotional health and wellbeing of children and young people in Nottinghamshire.



What we do...

The MHST work alongside young people and their families for a short period to provide strategies to manage mental wellbeing and promote good emotional health.

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Our Aim...

Our aim is to empower you to develop the skills to manage your own wellbeing. We want to work with you, your parents and your teachers so you get the best possible support.



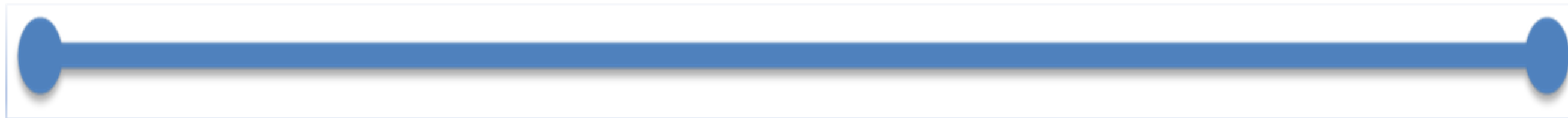
What we can help with:

Worry, anxiety, managing emotions, low mood, exam stress, sleep difficulties, behavioural difficulties, fears and phobias, panic symptoms, obsessive behaviours, traumatic experiences.



Reflection time. Please consider these questions below:

How do you feel about moving to Secondary school?
What thoughts are you having about the move?



What are the
worries/difficulties when you
start a new school?

What are positives/
opportunities when you
start a new school



Transition to Secondary School

It's really normal to have lots of different feelings when change occurs



Relaxation..

Doing something relaxing:

- Relaxing can give us some time out and a chance to feel less stressed, feel peaceful and calm, and clear our minds



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Try something new...

Learning new things:
Can be a great way of
improving our
confidence and giving
us a sense of
achievement.



Connecting...

By connecting with other people, we can improve our mood, feel more accepted, share experiences, and support each other.



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Having fun...

Spending time doing something we enjoy can make us feel happier and more relaxed, have fun, boost relationships with others, and even help develop a skill.



FUN



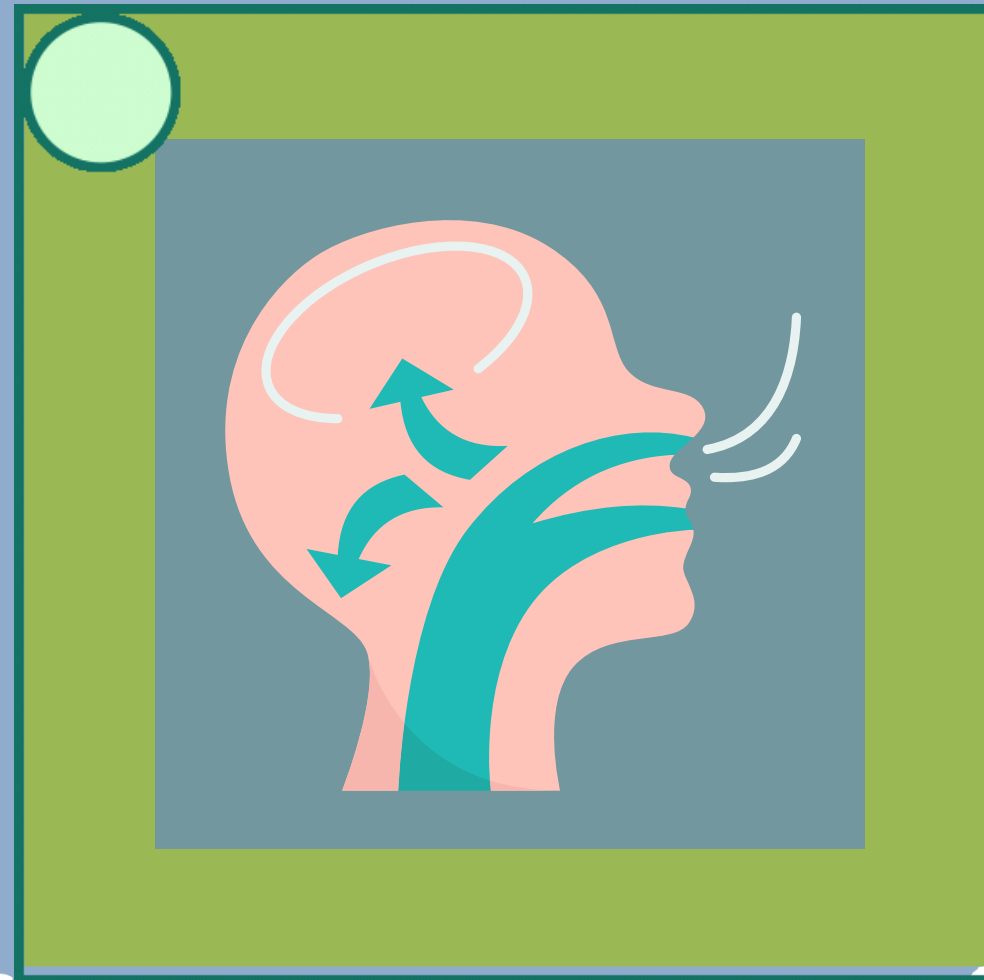
Top Tips for managing the move to Secondary:



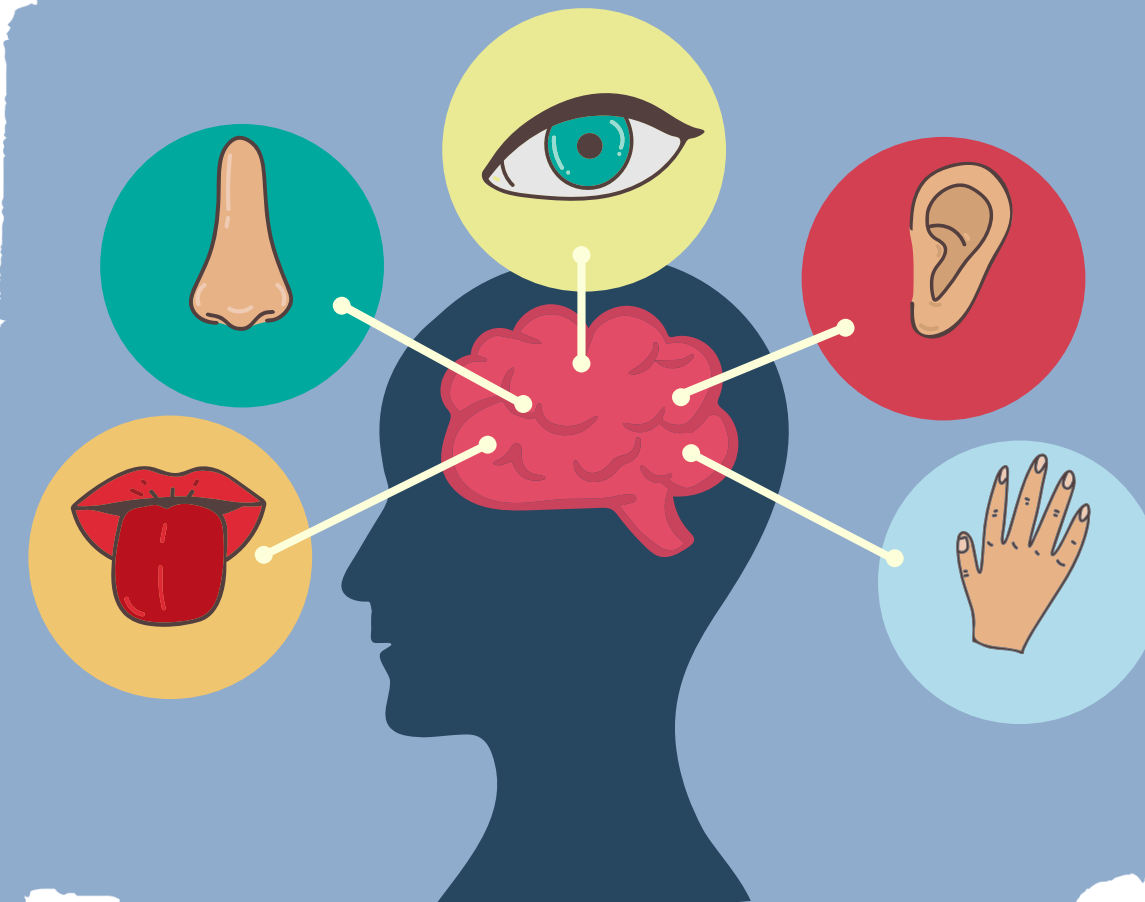
1. Don't panic!
2. Be organised
3. Ask for help
4. Step out of your comfort zone
5. Respect others
6. Follow the school rules
7. Start each day fresh
8. Join a new club
9. Pack your bag the night before
10. Most importantly, be yourself!

Strategies to use when you feel overwhelmed:

Breathing technique



Grounding technique



Find what works for you



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If you feel you would like further information or support
please have a chat with school

