

HARROW MENTAL HEALTH SUPPORT TEAM

The Harrow Mental Health Support Team (MHST) works with many of the local schools to support the mental health and wellbeing of young people.

We partner with primary and secondary schools, as well as colleges across Harrow, to provide practical, evidence-based support for students facing mild to moderate mental health challenges. Our goal is to provide early support and make sure every young person gets the help they need.



WHAT DO WE OFFER?



One-to-One Support

In primary schools, we offer one-to-one sessions for parents, giving them tools and strategies to support their child's wellbeing. In secondary schools and colleges, we provide one-to-one sessions for students, helping them build confidence and skills to manage their own wellbeing.



Group Support

Group work is for young people facing similar mental health and wellbeing challenges, giving them the chance to learn new strategies and build coping skills together.



Whole School or College Approach

The MHST works closely with schools to promote better mental health for everyone, as part of the school's 'whole school approach' to wellbeing. We help create a positive, inclusive culture where mental health and wellbeing are a priority. To support this, we run workshops and assemblies for students, staff, and parents on a range of mental health topics, as well as training for school staff.

HARROW MHST ONE-TO-ONE PARENT SESSIONS IN PRIMARY SCHOOLS

WHAT CAN WE HELP WITH?

ANXIETY

Anxiety in children often looks like excessive worry, fear or nervousness about everyday situations. They may avoid certain activities, cling to parents/carers or have trouble sleeping.

BEHAVIOURAL DIFFICULTIES

Angry outbursts, defiance, or refusing to follow routines are a normal part of development as children learn to manage big emotions. However, these behaviours can sometimes become more frequent and difficult to handle.

YOU'RE NOT ALONE – WE'RE HERE TO HELP

Our one-to-one parent sessions are designed to **empower you** with techniques to support your child's **anxiety** or **behavioural difficulties**. We'll work together to help your child communicate and express themselves in a more helpful way.



Harrow MHST is not available in all Harrow schools. If you think you could benefit from MHST support please speak to the Designated Mental Health Lead in your child's school to find out more or email:
cnwl.adminharrowmhstcamhs@nhs.net

HARROW MHST ONE-TO-ONE WELLBEING SUPPORT IN SECONDARY SCHOOLS AND COLLEGES

YOU'RE NOT ALONE – WE'RE HERE TO HELP

Feeling overwhelmed? Struggling with school, relationships, or just life in general?

You don't have to go through it alone.

The Harrow MHST is here to **listen**, **help**, and **guide** you through tough times. Whether you're struggling with **anxiety**, **low mood**, or just need some **help finding the right support** - we're here for you.

Our one-to-one guided self-help sessions are designed to empower you with techniques to manage your anxiety or low mood.

Your mental health matters.

Sometimes it's hard to ask for help, but reaching out is a big step in the right direction.

You don't have to face it on your own. Let's talk 😊



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