



If you would like help getting in touch with the school's Emotional Support Team, please fill this out and hand it to a teacher.

Your child's full name:



Name of teacher:



Please help me contact the Emotional Support Team



[www.nelft.nhs.uk](http://www.nelft.nhs.uk)

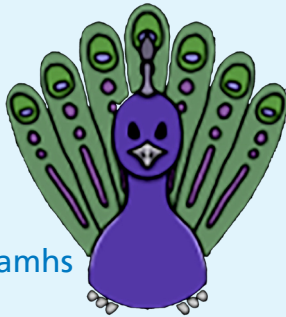


@NELFT



@NELFT\_NHS

@kentandmedwaycamhs



Scan me!  
Instagram QR code



If you would like this information in Braille, large type, in another format or in another language, please ask a member of staff. (English)

Bu bilgileri büyük yazı tipinde Körler Alfabesinde, başka bir biçimde ya da başka bir dilde okumak isterseniz lütfen bir görevliye danışın. (Turkish)

Nëse këtë informacion do e dëshironit në Braille, font më të madh, në format tjetër apo gjuhë tjetër, ju lutem pyesni një anëtar të personelit. (Albanian)

Se desejar obter esta informação em Braille, num tipo de letra maior, noutro formato ou noutro idioma, por favor peça a um membro do pessoal. (Portuguese)

আপনি যদি এই তথ্যটি ব্রেইলে, বড় হরফে, অন্য ফরম্যাটে বা অন্য ভাষায় পেতে চান, অনুগ্রহ করে, কর্মীদের একজন সদস্যকে তা জানান। (Bengali)

در صورت تمایل به دریافت این اطلاعات به صورت بریل، چاپ درشت، یا سایر فرمت‌ها یا زبان‌ها، لطفاً درخواست خود را با یکی از کارکنان مطرح کنید. (Farsi)

Jeżeli chciałby Państwo uzyskać niniejszą informację zapisaną w alfabecie Braille'a, dużą czcionką, w innym formacie lub w innym języku, prosimy zwrócić się w tej sprawie do członka personelu. (Polish)

Si vous souhaitez obtenir ces informations en gros caractères Braille ou dans une autre langue, veuillez le demander à un membre de l'équipe. (French)

நீங்கள் இத்தகவலை ப்ரெய்லியில், பெரிய எழுத்துகளில், வேறு ஃபார்மேட்டில் அல்லது வேறு மொழியில் பெற விரும்பினால், ஊழியரிடம் கேளுங்கள். (Tamil)

إذا أردت الحصول على هذه المعلومات بطريقة برايل، أو بحروف كبيرة، أو بصيغة أو لغة أخرى، يرجى طلب ذلك من أحد أعضاء فريق العمل. (Arabic)

Если вы хотите получить эту информацию на языке Брайля, напечатанную крупным шрифтом, в другом формате или на другом языке, пожалуйста, обратитесь к любому сотруднику. (Russian)

NELFT NHS Foundation Trust  
CEME Centre – West Wing, Marsh Way,  
Rainham, Essex RM13 8GQ.

Tel: 0300 555 1200

[www.nelft.nhs.uk](http://www.nelft.nhs.uk)

Production date: October 2021

Review date: October 2023

Ref: 2021047

©2021 NELFT NHS Foundation Trust



Getting help at school from the Emotional Support Team

We're here to offer your child emotional wellbeing and mental health support at school.

Find out more about the school's Emotional Support Team and how you can get help if you or your child need it.



Information for parents

[www.nelft.nhs.uk](http://www.nelft.nhs.uk)



## Who are we?

We are the Emotional Support Team\* at your child's school. We're specially trained to help children at school with their emotional wellbeing and mental health.

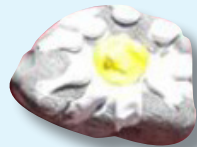
From time to time, children and young people need additional support with their emotional wellbeing and mental health, so we're here to help.

Getting the right support early can prevent problems getting bigger, so that your child can enjoy school, home, time with family & friends, and other activities..

## Who can we help?

We provide support to all children in the school, and work together with everyone in the school community to promote a 'whole school approach' to emotional wellbeing and mental health.

We also work with children and their parents/carers in group or 1:1 sessions to support with specific problems.



*\* Emotional Support Teams are a government initiative also known nationally as Mental Health Support Teams.*

## How we can help

We have several ways to support your child, including:

- Whole school activities and workshops to promote emotional wellbeing and increase understanding of how to take care of our mental health
- Group and 1:1 sessions to support parents/carers including:
  - Supporting your children with worries and fears
  - Understanding your child's behaviour



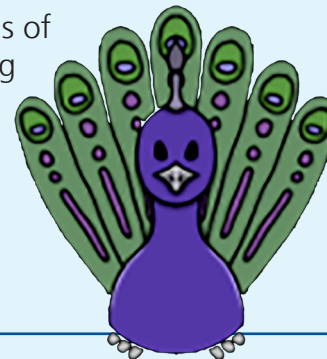
Look out for our upcoming workshops and groups.

## How to get support

We are here and ready to help, so please speak to the school's **Emotional Support Practitioner** or a member of staff at school.

You can also find us by calling the **NHS Single Point of Access** on: **0800 011 3474** (select option 1, then option 3).

You can find more details of other ways find wellbeing and mental help support in your area, see opposite page, or on the back of this leaflet.



## How else can I get help?

There are a number of ways to find wellbeing and mental health support in Medway:

**Minded for Families** was created by experts and parents together to provide safe and reliable advice about young people's mental health.

[www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)

**Young Minds** offers services to parents and carers who are concerned about their child's mental health through telephone, email and webchat

[www.youngminds.org.uk/find-help/for-parents](http://www.youngminds.org.uk/find-help/for-parents)

## Need help now?

Our teams work 9am - 5pm Monday to Friday.

If you need to speak to someone urgently about your child's mental health, please contact:

**NHS Single Point of Access**  
Tel: 0800 011 3474

**Childline**  
Tel: 0800 1111 or  
Txt: 'shout' to 85258  
[www.childline.org.uk](http://www.childline.org.uk)

**Samaritans**  
Tel: 116123  
[www.samaritans.org](http://www.samaritans.org)

