

Ealing Mental Health Support Team

Your Termly Newsletter

September
2026

Is your child feeling....

Demotivated?
Anxious? Stressed?
Worried? Sad?
Irritable? Low?
Panicked?
Tired or lacking
energy?



We can help you and your child

Ealing Mental Health Support Team (MHST)
supports the wellbeing of children and
young.

**In Primary schools, we offer 1:1
support to parent's whose
children feel:**

- Worried and present with
behaviours that challenge



**In Secondary Schools, we offer
1:1 support to young people who
sometimes feel:**

- Anxious or low in mood



If you have any questions about the above, please
speak with your schools Mental Health Link
Worker.

You said, we did!

- You asked for longer workshops
to allow time for a Q&A at the end
- We have extended our workshops
this term to last 1hr 15 or 1hr 30
to ensure we have time for a Q&A
- You made a suggestion for a
workshop that focuses on
supporting male adolescent
mental health
- We are in the process of putting
these together and are excited to
offer new workshops to you in
the Spring Term!

Dates to remember

World Suicide Prevention Day	Thursday 10 th September
World Mental Health Day	Saturday 10 th October
OCD Awareness Week	Monday 12 th -18 th October
Anti-Bullying Week	Friday 13 th - 17 th November

Back to School

Returning to school after the summer break can bring a mixture of emotions for children and young people.

As they adapt to new routines, friendships, and expectations, parents and carers may notice changes in mood, confidence, or behaviour.

To help families support this transition, we are pleased to be offering a Back to School Workshop early in the term for primary-aged children, alongside a variety of workshops throughout the year designed to support young people and their families at different stages of development.

Children are more likely to feel ready to learn when they understand routines and expectations, while also feeling safe and connected. Here are some top tips to help lay these foundations for the term ahead:

1. **Continue engaging in meaningful and enjoyable activities** both within and outside of school. These experiences can foster connection, a sense of belonging and mastery.
2. **Establish consistent routines.** Predictable routines can help create clear expectations, reduce feelings of overwhelm and make it easier to adjust to increasing academic demands.
3. **Prioritise a calming evening wind-down and regular sleep routine.** Did you know that adolescents typically need around 8-10 hours of sleep each night to support their rapidly developing brains?
4. **Make time to connect with family, friends and other important people.** Positive relationships provide emotional support and help children and young people feel secure as they navigate the new school year.

Upcoming Online Workshops

Workshop	Date and Time
Back to School for Primary Children	Friday 18th September 12:00 -13:15
Supporting Your Young Person with Emetophobia	Tuesday 6 th October 12:00-13:15
Supporting Anxiety in Adolescents	Friday 16 th October 12:00-13:30
Supporting Positive Behaviour	Tuesday 20 th October 12:00-13:30
Autism and Children	Monday 9 th November 12:00-13:30
Understanding SEND	Wednesday 11 th November 12:00-13:30
Understanding & Supporting Toileting Difficulties in Children	Wednesday 18 th November 10:30-12:00
Social Media and Self-Esteem in Young People	Wednesday 25 th November 12:00-13:30
Autism and Adolescents	Wednesday 16 th December 12:00- 13:30



Scan the QR Code to sign up to a workshop!

