



Manchester University
NHS Foundation Trust

Trafford Thrive in Education Mental Health Support Team (MHST)

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"Supporting you to thrive ... your way"

What we will cover

- ❑ Introduction to the counselling/Thrive service
- ❑ What is anxiety?
- ❑ How to notice Anxiety in yourself/your child
- ❑ Ways to manage Anxiety
- ❑ What Parent's can do to help
- ❑ Questions

What is Counselling?

- ❑ A talking therapy which helps with life struggles.
- ❑ Provides a safe place to explore difficult emotions and experiences.
- ❑ Helps to develop self awareness and new ways of coping.
- ❑ Counselling can empower and help you to feel calmer and happier.

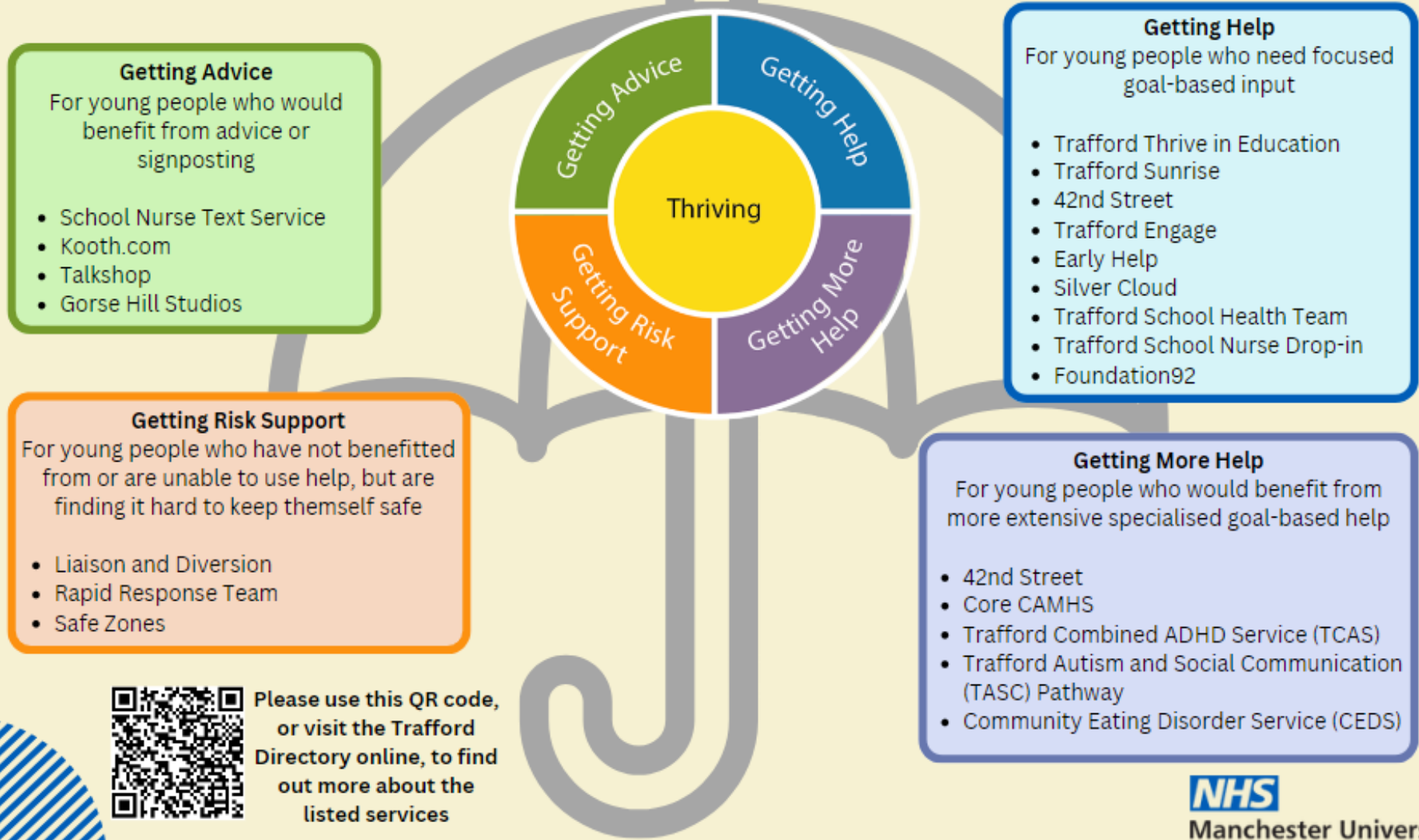
What we can help with

We can support student's with:

- Anxiety / Low mood
- Stress
- Self esteem / confidence
- Grief/loss
- Relationships (with friends, family and others)
- Bullying
- Amongst other issues which may not be listed

To access this service speak to your children's head of year.

CHILDREN AND ADOLESCENT MENTAL HEALTH SERVICES IN TRAFFORD



Please use this QR code, or visit the Trafford Directory online, to find out more about the listed services

Evidence based interventions

1-1

Behavioural activation for low mood

Worry management for generalised worry and anxiety

Panic Management

Assessing self-harm and supporting with alternative coping strategies
for mild/moderate self-harm

Exposure for simple phobias, emerging obsessive-compulsive
difficulties and social worries

Improving low self-esteem

Emotion regulation

Group

5 ways to wellbeing group

Worry management group

Mind and mood group

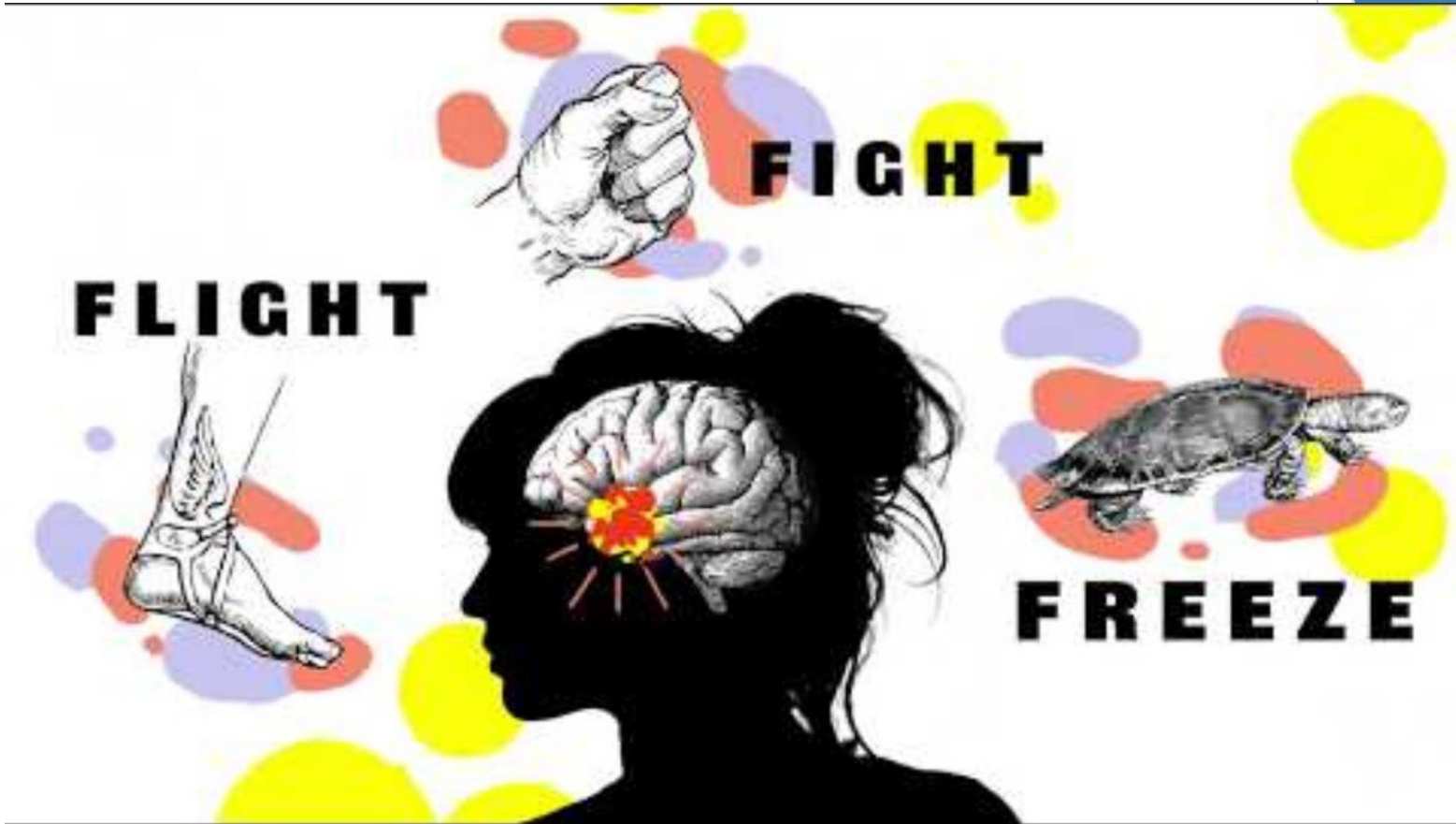
"Supporting you to thrive ... your way"

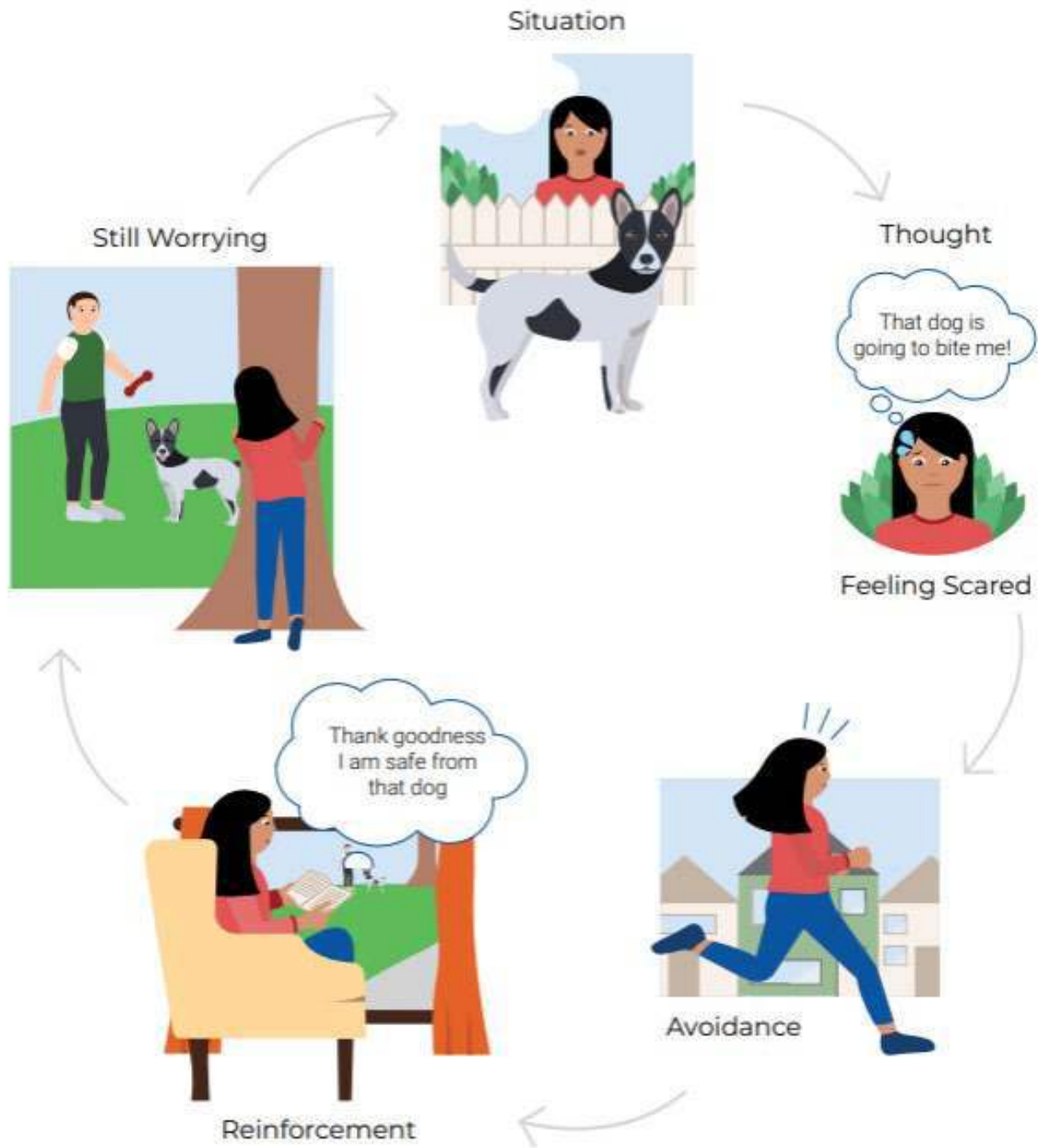
Signs and symptoms – worry



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What is anxiety





The Basics

- ❑ Recognise that as a parent you too will be feeling the stress/anxiety.
- ❑ Acknowledge how you are feeling.
- ❑ Talk about your feelings this can help your child to open up.
- ❑ 5 steps to wellbeing
- ❑ Encourage time for fun and relaxation.
- ❑ What do you both need?

Stop

- ❑ Bottling up feelings.
- ❑ Trying to control the uncontrollable.
- ❑ Avoiding doing the uncomfortable.
- ❑ Putting yourself/your child down.
- ❑ Comparing yourself/your child to others.

Start

- ❑ Becoming comfortable with the uncomfortable.
- ❑ Recognising what you can/cannot control.
- ❑ Listening without judging or interrupting.
- ❑ Supporting yourself/your child by using the tools discussed.
- ❑ Access help and support.
- ❑ Give praise.
- ❑ Reiterate that you are there to help and are doing your best.

OUT OF MY CONTROL

The actions of others

The outcome of my efforts

IN MY CONTROL

The future

My words

Being present in this moment

Past mistakes

My mindset

How I speak to myself

What I give my energy to

The opinions of others

How I spend my free time

How I move on from failure

Other people's boundaries

The boundaries I set

What happens around me

What other people think of me

Silver cloud offer for parents and carers



- ▶ Digital mental health programmes for parents and carers, to help you support your young person
 - ▶ Evidence based on CBT (cognitive behavioural therapy)
 - ▶ Available online, 24/7
 - ▶ Accessible via a phone, tablet or laptop
-
- ▶ Please use the link or scan the QR code below to sign up
 - ▶ <https://traffordthriveineducation.silvercloudhealth.com/signup/>



Trafford Thrive in Education

SCHOOL AND COLLEGE INFORMATION LINE (SCIL)



The SCIL offers mental health advice for your students.

We can provide resources, signposting and support referrals to other services as well as offer advice and guidance.

Please use the email below and we will contact you to arrange a telephone consultation. This is a non-urgent helpline and we aim to get back to you within 3 working days.

If the young person is already open to us, please contact their worker directly.

Wherever possible, please gain parental consent.

Trafford.CAMHS-scil@mft.nhs.uk



For urgent advice, contact the core CAMHS Duty Team on 0161 549 6456 and follow your usual safeguarding procedures.
For 24/7 crisis support call 0800 953 0285.

SCIL

trafford.camhs-scil@mft.nhs.uk

Any questions?




Useful websites and services



kooth

Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com



PAPYRUS

PREVENTION OF YOUNG SUICIDE



YOUNG MINDS



shout

85258

here for you 24/7



SAMARITANS



THE MIX



Trafford SENDIASS



42ND STREET



NSPCC



mind



TRAFFORD Carers
centre
WE CARE BECAUSE YOU CARE



TRAFFORD PARENTS FORUM



ChildLine
0800 1111

Need urgent advice and support?

Trafford Core CAMHS: 0161 549 6456

GMMH Crisis Line (24/7): 0800 953 0285

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