

October 2023

Dear Parent Carer,

The Epping Forest Mental Health Support Team (MHST), run by local charity Mind in West Essex, has been commissioned to work across education settings within the Epping Forest district to support children and young people with their mental health and wellbeing. Our MHST is part of the Government's Green Paper initiative; 'Transforming children and young people's mental health provision'.

We aim to help children and young people to succeed, achieve their full potential, and learn strategies to enable them to live healthy lives. We help to promote positive mental health within primary, secondary and higher education settings within these areas.

Your child's school will be supported by an Educational Mental Health Practitioner (EMHP), working in collaboration with school staff. The wider MHST is comprised of more experienced practitioners, family link workers and therapists who provide supervision and support to the EMHPs, and work with differing educational establishments to tailor the services offered.

EMHPs will provide a range of services including the following:

- Group work and workshops for Primary pupils around emotions and confidence
- Group work and workshops for Secondary pupils around relationships and self-esteem
- One-to-one sessions for Primary parents/carers around helping with the child's anxiety or challenging behaviour
- One-to-one sessions for Secondary pupils around helping with their mild to moderate anxiety or low mood
- Signposting children and young people with higher needs to access the right support
- Training and consultation to school staff
- Working with school staff on a whole-school approach to mental health and wellbeing

Services offered will differ between schools depending on the age range and the differing needs of individual schools. All referrals to the service will be provided by the school, led by the designated mental health lead.

The Epping Forest MHST work in your child's school. One of the support options we offer is group work and a course called Looking after my Wellbeing.

This course is for Primary school aged children and is delivered to whole class. The course is run over a period of 6 weeks and each session is approximately 60 minutes. The group will focus on developing skills for young people on the themes of the recommended five ways to wellbeing;

- Connections - relationships, healthy friendships and connecting online
- Take note - Being thankful, being unique, positive mindset and our environment
- Give - Helping and supporting others, being part of the community and spreading kindness
- Keep learning - Family cultures, learning new skills, making mistakes and growth mindset
- Being active - bodily reactions to exercise, benefits to being active and supporting others to be active

We will be delivering the Looking after my Wellbeing group to your child's class this term, over the course of 6 weeks. If you **DO NOT** wish for your child to be involved in any provision offered by the MHST please contact the school before **Friday 3<sup>rd</sup> November 2023**.

If you have any further questions, please contact our team administrator Genna Roberts on [mhsteppingforest@mindinwestessex.org.uk](mailto:mhsteppingforest@mindinwestessex.org.uk)

Yours sincerely,

Genna Roberts

**Children & Young People's**  
**Mental Health Support Team Administrator**