

general anxieties

social worries

## Does your child have problems with anxiety or low mood?

fears

school avoidance

phobia

Does this impact daily life?

SUPPORT IS AVAILABLE

Your school is supported by an NHS Mental Health Support Team (MHST). We provide early intervention for low mood and anxiety.


Talk to the Mental Health Lead at your child's school to find out about the support we can offer, including CBT (cognitive behavioural therapy) informed interventions within school.



To learn more:

MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU



 [www.nhft.nhs.uk/mhst](http://www.nhft.nhs.uk/mhst)

