

## Greenwich Mental Health in Schools Team Information

A team of mental health professionals working in Greenwich MHST schools, providing support for children and young people with anxiety, and challenging behaviour, and general wellbeing, via:

- CBT based, parent led, Guided self-help 1:1 sessions.
  - Anxiety intervention (5+ years old).
  - Challenging behaviour intervention (4 - 8 years old).
- Wellbeing workshops for children and parents.
- School staff support.

### **I think my child might need help from MHST; what do I do next?**

If you feel able to approach your school's pastoral support team or SENCO who will be able to make a referral to us or you can make a self-referral by contacting us via:

@ [oxl-tr.gmhst@nhs.net](mailto:oxl-tr.gmhst@nhs.net)

📞 0203 260 5211

Should you have any questions or need more information, please don't hesitate to reach out.

### **Anxiety in Children**

- Anxiety is a normal part of life and everyone experiences it
- Anxiety can be helpful; it helps protect us when we are in danger but sometimes we feel very anxious when we aren't in danger and this can cause problems.
- How can you tell if your child is anxious?

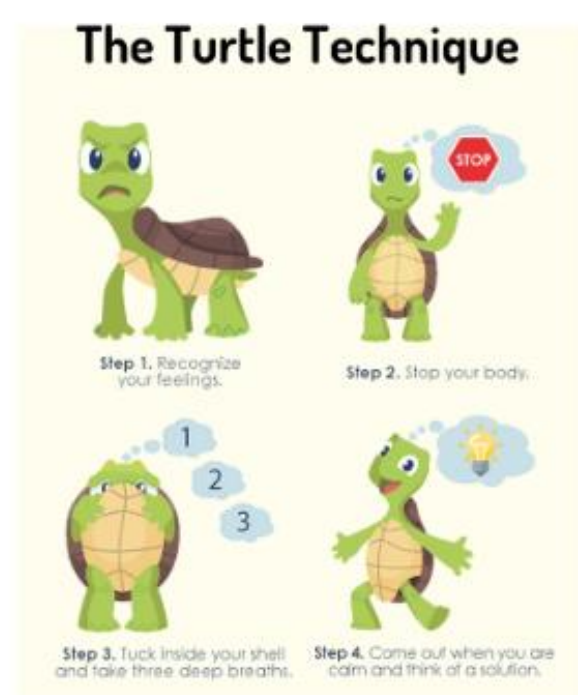
🧠 **Thoughts:** "I can't do it", "what if I get it wrong", "people will judge me", "What if...?"

😬 **Feelings:** scared, anxious, terrified, worried, stressed

👤 **Physical sensations:** stomach aches/butterflies, feeling unwell, headaches, heart racing, breathing fast, wide eyes, shaking, sweating, going red

👥 **Behaviours:** avoiding certain places or situations, avoiding eye contact, seeking reassurance, difficulty sleeping, not eating properly, being clingy, always worrying, crying a lot, getting angry or irritated more often

- If anxiety is normal, when does it become a problem?
  - It is a problem if it occurs frequently, lasts for a long time, is very intense, and impacts your child and/or your family's lives (home life, school life, leisure time)
- There are different reasons why your child might be anxious, but what is more important is recognising what might be maintaining their anxiety and helping them make changes.
  - Usually it's combination anxious thinking (overestimating danger and underestimating ability to cope) and anxious behaviour (avoiding anxiety provoking situations)
- What can you do to help your child manage their anxiety?
  - Help them understand what anxiety is.
  - Encourage them to face their fears, help them learn how to problem-solve.
  - Grounding and distraction techniques:



- We recommend following this self-help guide:  
*Helping your child with fears and worries by Cathy Cresswell and Lucy Willets.*

