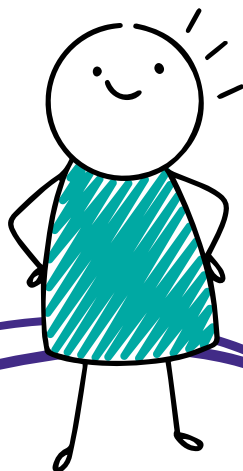


Herts & West Essex
Mental Health Support Teams



Hertfordshire
Partnership University
NHS Foundation Trust



Mental Health Support Team (MHST)
Intervention Information:

Worry Management



Our  values
Welcoming Kind Positive Respectful Professional

Worry Management



What is Worry?

Worry is something that everyone experiences in their lives. Worries can be focused on many different areas such as family, school, friendships and much more.



How do I know if I need help with my worries?

Worrying becomes a problem when your worries start to take over your life, for example, have you noticed:

- You are worrying about everything and anything
- You are worrying a lot
- Your worries feel difficult to control
- Your worries impact on your sleep, enjoyment and achievement for example

When you worry you could also be experiencing uncomfortable physical symptoms such as:

These feelings could be your bodies way of telling you that somethings not quite right and it's time to get support from a trusted adult



headaches/ stomach aches



difficulty breathing



fast heartbeat



vision loss



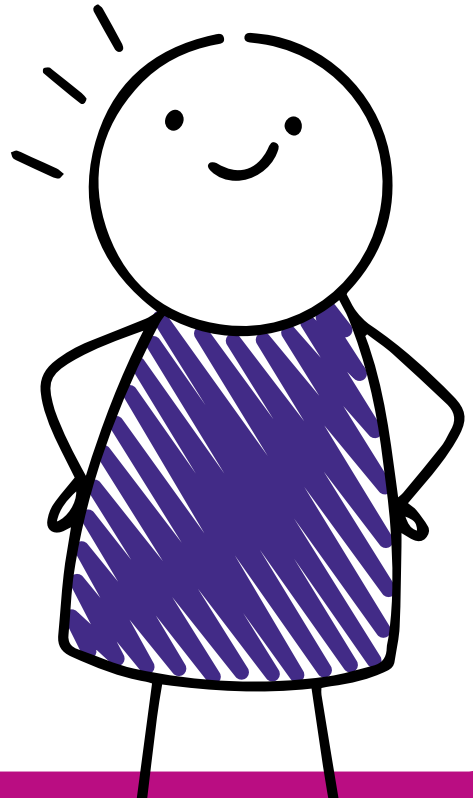
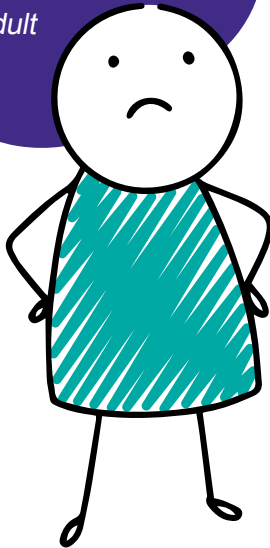
changes in appetite



clammy hands



shaking





How can we help you?

The Worry Management Intervention is designed to help you understand your worries and find strategies to help. The support typically lasts for 5, one-hour sessions over a 5-week period. We will meet you in a private space at your educational setting.



What age do I need to be to access this support?

Worry Management is recommended for 11+.



What do I need to bring to sessions?

Just bring yourself and your motivation to make changes!



What will we cover together during sessions?





How can I access support?

If you wish to access support, please speak to your school or college's Designated Mental Health Lead (DMHL) or another trusted staff member. The DMHL can then make a referral to our service or signpost you to appropriate support.



How can I request support from the MHST?

Speak to the Designated Mental Health Lead (DMHL) at your school/college who can refer you to our service.

Or fill in your details below and hand this to a trusted member of staff who will pass this onto the DMHL.

The Mental Health Support Team is not an emergency service and is unable to provide urgent or crisis care. If a child or young person is in crisis, you should:

- Call Freephone 0800 6444 101 (Single Point of Access (SPA) 24/7 Mental Health Helpline)
- NHS 111 and select option 2 for mental health service
- If they are seriously ill or injured, dial 999 for the emergency services or attend A&E



Student name:

Intervention: MHST Initial Assessment • **Date:**

Worry Management

