



NORTH EAST LINCOLNSHIRE MENTAL HEALTH SUPPORT TEAM

WHO WE ARE

North East Lincolnshire Mental
Health Support Team



WHAT WE DO

Offer the right mental health support at the
right time for children and young people within
schools and colleges

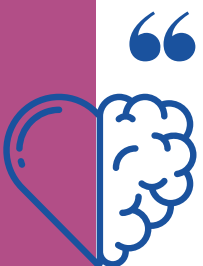
WE CAN HELP WITH MANAGING:

- Strong emotions
- Anxiety
- Self harm
- Relationships
- Exam stress
- Low mood
- Difficulties with
managing change

HOW WE DO IT



- Networking and navigation
- Whole school approach
- Evidence based interventions



“Nuture a childs Mental health
to empower their future”



NORTH EAST LINCOLNSHIRE MENTAL HEALTH SUPPORT TEAM

1 TO 1 SUPPORT

Anxiety
Low Mood
Strong Emotions

Parent Led CBT
Worry Management



PODS - GROUP SUPPORT

Anxiety
Low Mood
Managing Emotions

Relationships

WORKSHOPS:

- Exam Stress
- Transitions

HOW WE DO IT



- Face to Face within all of our schools across North East Lincolnshire



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