

INSIDEOUT

Mental health support team

Mental health is about the interaction of thoughts, feelings, and behaviours. By accessing the mental health support team, we can help you get what's going on inside, out!

Voluntary and community sector providers have formed a partnership to create the South Tees Mental Health Support Team, also known as the InsideOut Team. The partnership members include.

- The Link
- Middlesbrough and Stockton Mind
- The Junction Foundation
- A Time 4 you
- ABC Counselling
- Changing Futures North East



How we can help!

Requests for support will come from the school to the InsideOut team. One to one support is available to children and young people who may be having difficulties with:



Anxiety

We can help support social and separation anxiety, as well as phobias, panic and avoidance. We will explore thoughts, feelings and behaviours.



Fears and worries

We can support you to understand what is causing your worries and offer practical strategies to help you overcome them.



Emotions

We can help improve your self-awareness, allowing you to understand and manage your emotions and feelings.



Resilience

We can help you to develop skills to deal with challenging situations. Problem solving techniques will be explored to help manage the difficulties you face.



Low Mood

We will help you to challenge unhelpful thoughts and focus on things you value can help to increase your mood.



Social Skills

Social skills are the skills we use everyday to interact and communicate with others. We can help to improve those skills to support positive interactions.

Support available could include:



One to One Support

6 to 8 weeks of Low Intensity Cognitive Behavioural Therapy with children/ young people (including Parent-Led support)



Groups

We will identify children and young people to access groups focussing on improving emotional and mental health.



Staff Training

Training offered to school staff to increase their awareness and confidence in supporting pupils.



Workshops & Assemblies

Assemblies can be delivered in school to help raise awareness around mental health. Our workshops will be aimed at full classes or smaller groups.



Parent Consultation

To help parents to work together to manage stress & challenges facing their family. We can offer support to parents around communication, problem solving & relationships.



Family Mediation

Where parents are separated & there is disagreement about arrangements for children, we can offer focussed mediation to help reach agreement & make plans for the future.

Schools

Schools identified to be involved with the InsideOut team are detailed below, if your child does not attend one of these schools and requires support, please contact us to see what support we can provide.

Middlesbrough Primary Schools

- St Alphonsus
- Sacred Heart
- Corpus Christi
- St Thomas More
- St Pius
- St Josephs
- St Gerards
- Beech Grove
- Easterside
- Caldicotes
- North Ormesby
- Pallister Park
- Park End
- Thorntree
- Berwick Hills
- Pennyman
- Brambles Farm
- Breckon Hill
- Archibald
- Viewley Hill
- Hemlington Hall
- Green Lane
- Newport
- Whinney Banks

Redcar Primary Schools

- Nunthorpe
- St Mary's
- Errington
- Grangetown
- Lakes
- Zetland
- St Benedict's Catholic
- Skelton
- Teesville
- Greengates
- Chaloner
- Belmont
- New Marske
- St Gabriels
- Highcliffe
- St Margarets Clitherow
- Ormesby
- St Peters
- Whitecliffe
- South Bank

Redcar Secondary Schools

- Freebrough
- Sacred Heart
- Laurence Jackson
- Archway PRU
- St Peter's College
- Outwood Redcar
- Nunthorpe
- Outwood Normanby
- Huntcliffe

Middlesbrough Secondary Schools

- Trinity Catholic College (inc 6th Form)
- Unity City Academy
- Outwood Ormesby
- Kings Academy
- Acklam Grange
- Macmillan



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