

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!

Who are the InsideOut Team?

The InsideOut Team are the Middlesbrough and Redcar Mental Health Support Team. We will work with, and in schools, supporting children and young people experiencing mild to moderate mental health issues, through the whole school approach to mental health and wellbeing.

What can we help with?

Requests for support will come from the school to the InsideOut team via weekly in school meetings. Referrals for one-to-one support may include children and young people who are experiencing difficulties with:

Anxiety

Low Mood

Phobias

Emotions

Resilience

Behaviour

Fears & Worries

Social Skills

Other support available following a request for support being submitted to the InsideOut Team via the in-school meetings could include:

One to One's

Groups

Workshops & Assemblies

Staff Training

Parent Consultation

Family Mediation

How to contact us...



info@insideoutmhst.co.uk



01642 505580 (Option 3)

