

# 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!

Hello, my name is Therese. I am a Trainee Education Mental Health Practitioner for the InsideOut mental health support team. I joined InsideOut in September and have been lucky enough to be based in a primary and secondary school since just before Christmas.

Working with children and young people is a privilege and I have absolutely loved the first 6 months of my new role. As part of my role, I work with children and young people who may be experiencing difficulties with their mental health. I also do something called whole school approach which means I get to work across the whole school, delivering workshops and working with children and young people, teaching them all about how we can learn more about ourselves, our mental health, and our well-being so that we can get what is going on inside, out!



Mental health and well-being is an area that I'm very passionate about and I feel very lucky to carry out the work that I do. I know that over the last few months, some of the children and young people I have worked with have been a little bit nervous about some exams or tests that might be coming up. It is so normal to feel nervous about test and a little bit of nerves can be a good thing as it's our bodies way of telling us that we care. But it is so important to be extra kind to ourselves during these times and ensure that we are prioritising our mental health by getting enough sleep, eating a healthy, balanced diet, moving our body and making time to do things that we enjoy.

Promise me you'll always remember:  
you're braver than you believe,  
and stronger than you seem,  
and smarter than you think.



Christopher Robin

If you have any tests coming up that you feel nervous about, just remember that tests do not assess what makes each of you special and unique or all of the wonderful talents that you have. Just remember, your best is always good enough.

*“Educating the mind without educating the heart is no education at all.” — Aristotle.*

How to contact us...

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